

# NATIONAL MASTERS NEWS

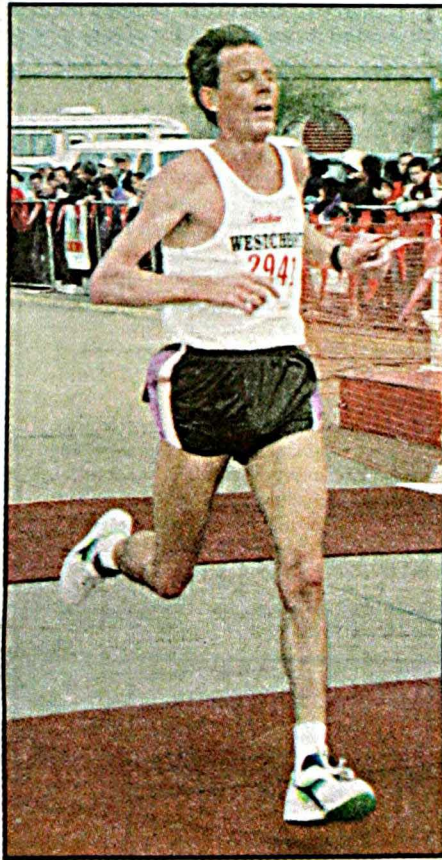
The official world and U.S. publication for Masters track & field, long distance running and race walking

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## At Age 51, Swenson Wins Conoco 10K Masters Title in Houston



Albin Swenson, 51, winning the masters title with a 10th-place 33:46, Conoco 10K Rodeo Run, Houston, Texas, Feb. 14.

by JANNA WALKUP

HOUSTON, Tex. – Before donning the traditional post-race victor's cowboy hat, 51-year-old Al Swenson, Stamford, Conn., outpaced a strong masters field – which included distance running legend Frank Shorter – to win the overall masters title at the Conoco 10K Rodeo Run held here on Feb. 14. Swenson's winning 33:46 (89.7% age-graded) won him, along with the cowboy hat, a custom-etched glass trophy, and two round-trip tickets to anywhere American Airlines flies within the continental United States.

Swenson, who finished tenth overall, crossed the finish line more than 30 seconds ahead of M40 winner Joe Melanson, 42, Oranne, Tex., who clocked a 34:17. Rounding out the top three masters was Jesse Sturgeon, 43, San Antonio Tex., in 34:43. Shorter, 50, who resides in Boulder, Colo., was second M50 in 38:25.

Also dipping below the 40-minute mark in an impressive performance was 66-year-old Jim O'Donnell of Houston, whose 39:52 (87.3%) gave him the M65 crown.

Houston's Patty Valadka, 40, easily sped to the overall women's masters victory in 36:05. Her nearest competi-

Continued on page 3



Patty Valadka, first masters woman (36:05), is awarded a trophy and a cowboy hat from Pam Oshlo, wife of Rick Oshlo, Rodeo 10K Run Chairman and Vice-President of sponsor Conoco, Houston, Texas, Feb. 14, as Olympic gold medalist Frank Shorter, Race Marshal, looks on.

## Fee, Napoli Set Records

## McMullen and Ford Master the Hartshorne Mile

by DIANE SHERRER and RICK HOEBEKE

Tim McMullen made a wish, blew out the candles, and received one of the best birthday gifts a runner could hope for the day after turning 45 – a sub 4:30 mile. In what may be the year's fastest indoor mile time in the U.S. for M45, the Rochester, N.Y., native mixed fierce leg speed with smooth finesse on Jan. 24 at Cornell University's Barton Hall in Ithaca, N.Y., to win the elite men's invitational race in the 31st Hartshorne Memorial Masters Mile with a

4:29.77.

"Fortunately, it was an easy one this year," said McMullen, also the 1995

Continued on page 11

### INSIDE:

- World and U.S. Outdoor Track & Field Records – pages 17-24
- Schedule – pages 30-32
- Results – pages 34-39

## 1998 Indy Life Circuit Schedule Finalized

Masters runners are ready to hit the roads again. The Indy Life Circuit, sponsored by Indianapolis Life Insurance Company, returns to action in 1998 with a slate of eight races

(seven per gender). Leading off the circuit is the Indianapolis Life 500 Festival Mini-Marathon on May 1.

Like last year, runners will compete in distances from 5K to the marathon and have the opportunity to win at least \$2500 in each race. The circuit offers a \$50,000 grand prix purse – \$22,000 earmarked for masters wins and \$28,000 slated for age-graded victories.

New for 1998, the grand prix prize money will be available to more runners – four deep in masters overall standings (up from top three in 1997) and eight deep in the age-graded standings (up from top five in 1997).

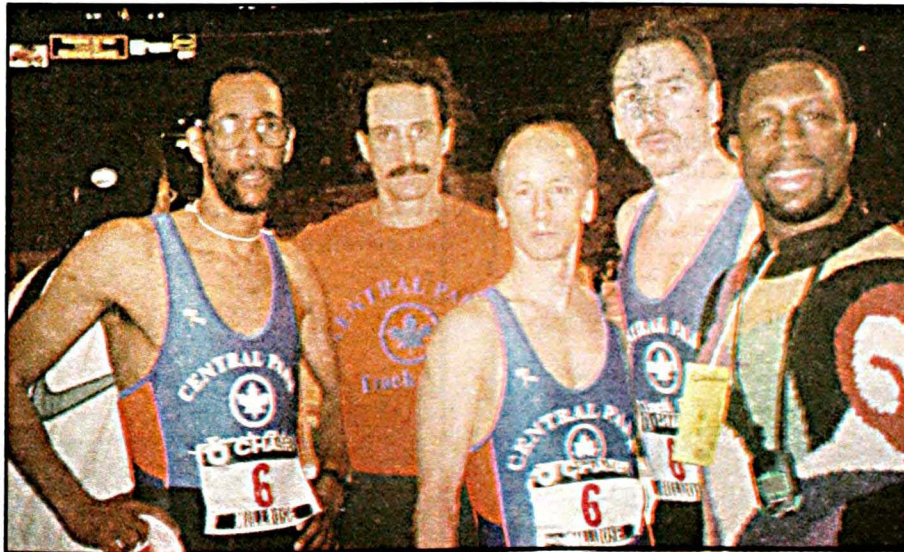
Scoring rules remain essentially the same, with a few slight changes. For example, new rules state that athletes can earn money from the Indy Life end-of-the-year standings in only one category. Previously, athletes could

Continued on page 12

## 1997 T&F Rankings

The U.S. Masters Track & Field Rankings Book for 1997 is ready for distribution and can be ordered from the NMN. The book ranks men and women athletes age 30-and-up who have competed in an outdoor masters meet, the results of which were printed in the NMN. Ranked events start with the 100m and include the mile, 10,000 (track) and field events, plus the weights, and 5K, 10K, and 20K racewalks. Some of the age-division lists are over

Continued on page 14



Central Park TC's (l to r) Jesse Norman, M45, Francis Schiro, M40, Tom Hartshorne, M40, and Ed Gonera, M45, winning team (3:38.13) in the Masters 4x400, Millrose Games, Madison Square Garden, Feb. 13, with CPTC sprint coach Howard Adams.

CONTENTS

DEPARTMENTS

USATF Officers ..... 2  
 Letters to the Editor ..... 4  
 NMN Sustainers ..... 4  
 Third Wind ..... 6  
 Fifteen Years Ago ..... 7  
 The Foot Beat ..... 8  
 Ten Years Ago ..... 8  
 T&F Report ..... 9  
 Five Years Ago ..... 9  
 Racewalking ..... 10  
 NMN Contacts ..... 10  
 On The Run ..... 12  
 The Weight Room ..... 14  
 Training Advice ..... 15  
 Fitness Walking ..... 16  
 Health & Fitness ..... 25  
 Speaker's Corner ..... 26  
 New Age Group Athletes. . 27  
 WAVA/USATF Specs ..... 28  
 Masters Scene ..... 29  
 Schedule ..... 30  
 All-American Standards . . 33  
 Results ..... 34

FEATURES

Conoco 10K ..... 1  
 Indy Life Circuit ..... 1  
 Hartshome Mile ..... 1  
 T&F Rankings ..... 1  
 Mihaly Igloi ..... 3  
 Silver State Classic ..... 5  
 From the Editor ..... 7  
 Colorado Indoor Meet ..... 8  
 Palm Springs Sr. Olympics . 11  
 Indy Life Circuit Schedule. . 12  
 New Age Group Records. . 17  
 N.J. Indoor Championships . 27  
 World Masters Games ..... 28

ENTRY FORMS, ETC.

M-F Athletic ..... 3  
 NMN Subscription Form. . . 4  
 Broad Street 10-Miler ..... 5  
 Great Race ..... 7  
 Natl. T&F Championships. . 8  
 Birmingham Track Classic . 9  
 The Master Board ..... 11  
 Ave. of Giants Marathon . . 12  
 Publications Order Form . . 13  
 1997 Rankings Book. .... 14  
 Hayward Classic ..... 15  
 On Track ..... 16  
 Age-Graded Tables ..... 16  
 So. Calif. Striders Meet. . . 25  
 Track & Field News ..... 26  
 Allegra Track Club ..... 27  
 WGT Travel ..... 28  
 Athens Marathon ..... 29  
 Comrades Marathon ..... 29  
 Ski & Travel ..... 31  
 Calif. State Senior Games . 40



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AL PUMA

Joe King (l), winner of the 70-79 division in the 1997 Fifth Avenue Mile, NYC, with John McManus, runner-up. King's 5:51.90 bettered McManus' 1995 race record of 6:02.4.

## Conoco 10K

Continued from page 1

tor, Kathy Barton, 44, of Houston, Tex., finished nearly three minutes later in 38:58. Donna Sterns, 44, Sugar Land, Tex., galloped to third in 39:16. Valadka also claimed the hat, trophy, and airline tickets for her efforts in this unique run that traverses from downtown Houston to the Astrodome.

Another Texan, Ann Erickson, 55, of The Woodlands, ran a blistering 44:09 to win the W55 competition.

Former President George Bush fired the official start gun for the race, which benefits the Houston Livestock Show and Rodeo Education Fund. The 1998 Conoco 10K boasted a record number of competitors with 5339 runners toeing the starting line. □

## Mihaly Igloi

A pioneer of hard interval training, Mihaly Igloi died January 4 in Budapest, Hungary. He was 89.

Igloi was a member of the world record-breaking 4x1500 squad which ran 15:55.4 in August, 1939. After the war, he began his coaching career in Hungary, then in the USA, and finally in Greece. Many top distance runners trained under Igloi in Santa Monica, Calif., in the 1960s. One of them - Laszlo Tabori, the third man to break four minutes in the mile - has coached thousands of runners in the San Fernando Valley for nearly 30 years.

Athletes coached by Igloi set 49 world records, 35 European records, and won no fewer than 45 U.S. and 157 Greek national titles. □

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**FREE AT LAST**

On May 20, 1997, Bill Stewart was released from prison and assigned to a halfway house in Detroit. A few weeks later, he was allowed to leave the halfway house to live with his parents in Detroit. And on November 11, 1997, he was cleared to fend for himself. He will remain on probation until November, 1999. No further appeals of his criminal conviction are contemplated.

A few days after his release from Camp McKean, Bill became the office manager for Merian's Friends, the group organizing a petition drive to put the issue of physician-assisted suicide on the Michigan ballot in November. The organization takes its name from Merian Frederick, an Ann Arbor woman who sought help from Dr. Jack Kevorkian in the latter stages of her fight with ALS (Lou Gehrig's disease).

Dr. Kevorkian was charged with murder in Frederick's case, but was acquitted by a jury. Carol Poenisch, the founder and driving force behind the

petition drive (and a pioneer in women's running with the Michigams in the early 1970s), is one of Merian's daughters.

The address for Merian's Friends is PO Box 272, Northville, MI 48167. Their phone number is 248-449-9700.

Was justice done in Bill's case? No, in my humble opinion, but the issues are a little too complex to discuss here. If you're interested in more details, contact me.

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**ELIMINATION OF EVENTS**

I offer my own "grass roots" viewpoint on the USATF Master's National Track & Field Championships in response to a proposal made by Roland Rust in the February issue of NMN.

I have competed in three national championships and one world championship. None of these meets required qualifying standards other than proof of age. My contention is that you do not make an event more prestigious by making it more elitist; you just make it so fewer people can compete.

Rust's suggestions to eliminate athletes under age 40 from the national championships and to require remaining athletes to meet qualifying standards might streamline the meet, but would not necessarily make it more "prestigious." Also, by raising the entry age, you would eliminate a sizeable percentage of women athletes.

Rust suggests removing "unpopu-

lar" events from the championships. Who decides what is an "unpopular" event? As a championship event, this meet should contain *all* track and field events.

I also disagree with Rust's suggestions to deny gold medals to age division winners if their performance is inferior to the performance of an athlete in an older division. Would he suggest using actual or age-graded performances to do this? Many factors enter into why one athlete's mark is better than another; it would be ridiculous to penalize this person. After all, he or she did win.

To make this meet more prestigious, it must be made more desirable to participants and spectators. A greater number of participants will raise the quality of the field - just look at the WAVA results from Buffalo or Durban. To encourage more athletes to compete, perhaps there should be greater rewards for winning and placing, such as free entry in the event won in next year's championships, or a monetary or merchandise award in addition to a medal for a record-setting performance.

The National Masters Meet should be a well-run meet, open to any track and field athlete with the desire to compete. This meet will never have the prestige of the open version, but it is still nice to have a venue for us older athletes who still aspire to do our best in the atmosphere of a national championships. Making this meet a more elitist event is not the answer.

Tom Cushman  
Chico, California

Roland Rust, in the February Speaker's Corner, steps on my toes when he proposes that we shorten our national meet by eliminating my events - the steeplechase and 10,000. They are admittedly time-consuming and not overly filled, but that's hardly justification for their deletion. The

lack of numbers is more likely due to the training needed to even attempt either. Many events are based more on natural talent than on grueling training.

More age-group combining with 15-20 in a 10,000m heat (using a one-turn stagger) could effectively shorten meet time. An alternative starting scheme could accommodate 12-15 steeplechasers. Competitors merely need clearly discernible age-group identifying marks, such as a large letter on the back and/or calf (works well in triathlons).

Competing in the nationals is the year's highlight - my wife and I incorporate our vacation around it.

Waller Brawner  
Kansas City, Kansas

**RECORDS AND TIMING**

Let me open with an observation. Using the 1997 edition of the Masters Age Records, compare the world records at the 100 and 800 over the 15 years covering the M50-M60. In the 100, the records go back to 1972. The median year for the 100 record over those 15 years is 1979. In contrast, the oldest 800 record was recorded in 1979; the median year is 1989.

What conclusion could one draw from these statistics? One is that there hasn't been as much performance-improvement in the 100 as in the 800. Another conclusion, one I subscribe to, is that the effect of automatic timing has discriminated against record-setting by athletes in the shorter distances.

Officials responsible for keeping the Masters Age Records continue to require new records which must be achieved with automatic timing to beat those set by hand times. We all know that automatic times are slower. Depending on the source used, the difference is between .17 and .22. So, an 11.75 (automatic) performance is actually superior to an 11.6 (hand). This analysis suggests, at least to me, that the reason we've had so few new WRs in shorter races during the 1990s is almost entirely due to requiring athletes to beat the hand times.

No one should take anything away from those athletes who recorded WRs when hand timing was the norm. However, should we continue to require current athletes' performances to go unrecorded because they have to

Continued on page 13

**DEADLINE**

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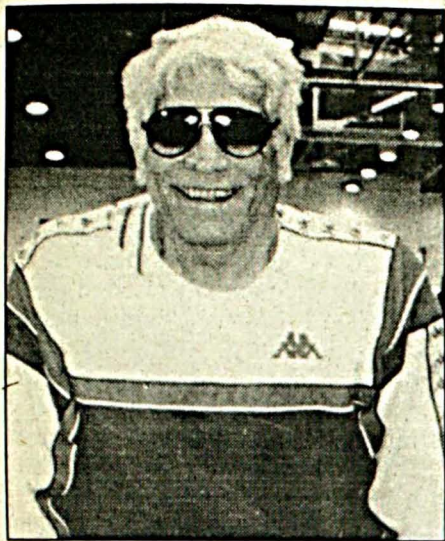
**Six Join NMN Sustainers**

Each month, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

Joseph Chadbourne  
 Otto Essig  
 Richard Noble  
 Avital Schurr  
 Marc Weaver  
 Richard Wilcox

Chagrin Falls, Ohio  
 Westfield, Massachusetts  
 Alameda, California  
 La Grange, Kentucky  
 Boulder, Colorado  
 Long Beach, California



Reno resident Joe Keshmiri, winner of the M55 shot put (45-10 3/4), Silver State Masters Indoor Meet, Reno, Nev., Feb. 15

## Records Erased in Reno

by JERRY WOJCIK

Some 160 athletes took a gamble on Northern California weather patterns in the middle of February by going to Reno for the 3rd annual Silver State Indoor Masters Classic on Feb. 15. They came out ahead by either producing or witnessing three world and two U.S. masters pending age-group records.

Not surprising, because the field in this meet is generally loaded with national champions and record holders. The venue is the Reno Livestock Events Center. The running surface is the University of Nevada's Bill Cosby portable wooden track. Both facilities were used in the 1995 National Masters Championships, which still gets rave reviews by the athletes who participated.

On the Cosby track, Steve Robbins ran the 200 in 24.09, breaking the M55 world record of 24.7 (handtime) by Britain's Ron Taylor in 1990. Robbins, who turned 55 on January 31, holds the M50 U.S. records for the 60m (7.40) and 200 (23.86).

The Events Center, prized by throwers, is one of the few indoor facilities where outdoor instead of indoor implements are used because of the dirt throwing areas available, either outdoors in good weather or indoors in an adjoining building. This year, the weather forced the weight and superweight indoors.

Shot putters and weight throwers responded with two world and two U.S. records. Lad Pataki smashed Carl Wallin's M50 world record of 15.80/51-10, set in 1992, with a 16.04/52-7 1/2 with the 6kg shot. Leon Joslin upped Ted Hatlen's M85 world record of 7.08/23-2 1/4, in 1996, for the 4kg shot with a 7.56/24-9 1/4.

In the weight throw, Ken Weinbel, USATF Masters T&F Chairman, broke Tom McDermott's U.S. record of 12.24/40-2 for the 25-lb. implement with a 12.69/41-7 1/4 effort. Joslin added the U.S. record for the 25-lb. to his shot record with a

Continued on page 27

19th Annual



Philadelphia Recreation Department



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Three ways to register:

- For an official entry form, send a self-addressed stamped envelope to:  
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or call 215-563-6184
- Register on the internet at:  
[www.broadstreetrun.com](http://www.broadstreetrun.com)
- Pick-up an official entry form at a participating  
**Modell's Sporting Goods**

ATTENTION MASTER RUNNERS

# Philadelphia's Premier Spring Road Race Weekend

10 MILER

SUNDAY, MAY 3, 1998

8:30 A.M.

Health and Fitness Expo—  
Friday, May 1st and Saturday, May 2nd at  
Memorial Hall with over 50 booths

Conte Luna Pasta Dinner—  
Saturday, May 2nd

- \$10,500 prize money
- 130 age group awards
- Team competition  
*Co-ed teams now included*
- Results booklet
- T-Shirt pickup at Memorial Hall Expo
- "Kids Fun Miler"
- "Kids Fun at the Broad Street Run"
- Free transportation to start
- Free baggage transportation to finish
- Post-race celebration
- Two-mile health walk
- Computerized race results

### Masters Open and Masters Wheelchair Competition for 1998:

Over \$4,200 individual prize money to be awarded with additional course bonuses!!

#### Individual prize money awarded as follows:

- 1st Place Male and Female \$400 and Trophy
- 2nd Place Male and Female \$300 and Trophy
- 3rd Place Male and Female \$200 and Trophy
- 4th Place Male and Female \$100 and Trophy
- 5th Place Male and Female \$ 50 and Trophy

There will be a \$300 course records bonus to the male and female winner if they better the course records.

#### Masters Team Competition for 1998:

- All Male and Female teams will consist of 5 members with the fastest three members scoring
- Club Masters male and female teams
- Corporate Master male and female teams

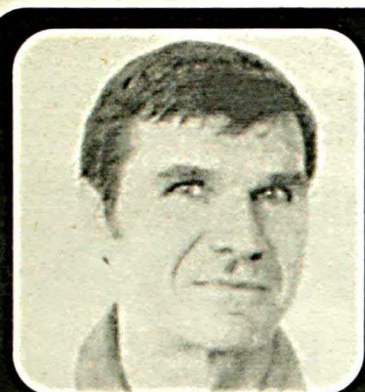
#### And new in 1998:

- Co-ed Master Club Teams
  - Co-ed Master Corporate Teams
- All Co-ed teams will consist of 5 members with the fastest three members scoring (one must be a woman)

#### Fees:

- Corporate \$125 if postmarked by April 13  
Late fee \$150 if postmarked after April 13
- Club Teams \$100 if postmarked by April 13  
Late fee \$125 if postmarked after April 13

Call (215) 563-6184 for Team Entry Forms



## Third Wind

by MIKE TYMN

### Do Runaholics Go to Hell?

If you're addicted to running, beware! That addiction could carry over to the afterlife. What's more, the runaholic might not even realize he is dead. He could find himself joining in a run with his earthly friends and wondering why they aren't paying attention to him.

"The person who dies with any addiction will likely carry it over in his transition to the ethers," a woman I'll call Maggie the Mystic told me. Maggie supposedly has the ability to see spirits, talk with them, and even travel out of body to their dimensions.

A friend had mentioned his mystical neighbor to me before but I really became curious when he told me that she informed him one day that she had on several occasions observed a spirit running alongside him as he took off from his home on his daily workout.

Sensing a story here, I asked my friend to introduce me to Maggie. He was at first reluctant to go along with this as he thinks he knows who the spirit is and is concerned that the spirit's widow will read the story and become upset because her husband is still running. Apparently, she was very much opposed to his 80-mile a week habit while he was alive and blames running for his premature death. When I assured my friend that I would not use his name, he introduced me to Maggie.

However, she, too, was reluctant. "I neither need nor want any attention," said Maggie, a distinguished-looking woman of about 70. "Too few people are prepared to hear such things. Those who are unwilling to open their minds

can weaken me with their negativity."

It was only after I pointed out that what she has to say might help some people and agreed that I would not disclose her true identity that she consented to the interview.

#### Beyond Science

Maggie was quick to state that if I was expecting scientific evidence of her experiences and observations, I was wasting my time. "Science has not yet advanced that far, and given the arrogance of most scientists I doubt that it ever will," she said. "This is beyond science."

Interestingly, before beginning the interview, I had noticed a dozen or so books - in her library of several hundred - by Emanuel Swedenborg, the foremost scientist of the 18th century, a man considered perhaps more brilliant than Einstein. "Ah, you know Swedenborg?" Maggie said when I asked about her interest in the famous scientist. "He is my mentor. I still meet with him regularly to learn new things."

My later research on Swedenborg revealed that he put aside his work in astronomy, physics, chemistry, mathematics, human anatomy, and mineralogy after having a "Christ vision" of extraordinary power in 1744 and devoted the rest of his life to "searching for the soul." He apparently developed the ability to astrally transport himself to different realms and to communicate with the spirit world.

#### Earthbound Spirits

I asked Maggie about the spirit runner she had observed with my friend.

"This is not unusual," she responded. "There are many earthbound spirits floundering around those of us still in our earthly shells. God has blessed me with the ability to see them and communicate with them, although there are times when I wonder if it is such a blessing."

Maggie went on to explain that these spirits are what we commonly call ghosts and are by no means limited to haunted houses. "They are earthbound because they did not learn their lessons in their incarnations," she continued. "They are now tormented because of it and many do not even realize they are dead. The churches call it hell, but there is no fire and brimstone as they would have you



MIKE TYMN

If you are a running addict, you may eventually feel like this lava-encrusted victim of Pompeii.

believe. It is a fire of the mind, perhaps."

According to Maggie, people who were alcoholics, drug abusers, heavy smokers, gamblers, or otherwise had a negative addiction while alive, usually become earthbound spirits. "The addiction doesn't end when we die," she explained. "You take it with you and must continue to struggle to overcome it. I can walk into 'most any bar and see a spirit who died while addicted to alcohol standing around trying to consume a drink. If the customer is also an addict or weak-willed, the spirit may even be able to possess his body to satisfy his craving. It is the same with smokers, drug addicts, and the like. Does not the Bible tell us that we reap what we sow?"

Maggie further explained that the addiction does not in itself cause the person to be earthbound, but that addiction is usually linked to a materialistic way of life rather than a spiritual one.

#### Alcoholics and Atheists

But where does my friend's spirit running companion fit into all this? Certainly, running should not be classified as a negative addiction. "True, it is a positive thing to take care of our God-given bodies," Maggie responded, "but when it is done for ego gratification or is a self-indulgence that interferes with our responsibilities, duties, and love for others, it is just as negative. It is choosing the material

over the spiritual. I have seen a number of spirits running in the lower ethers, although I have not talked with any of them. I work mostly with alcoholics and atheists. They are my specialty. "The two often go together."

Maggie went on to explain that there are seven planes, dimensions, or realms in the ethers with the seventh being what is commonly referred to as heaven, the lowest hell, and those in between purgatory. Also, there are seven sub-planes to each plane and seven more planes to those sub-planes, ad infinitum.. She said that the third plane is the most heavily populated with quite a few spirits also on both the second and fourth planes. She has been permitted to visit the fifth plane but has been told she is not yet ready for the sixth plane as the brightness there would be too great for her. She is hopeful that her work in this lifetime will be rewarded with a place on the sixth plane.

#### Astral Travel

Maggie also mentioned that even those on the lowest plane can advance to higher planes and that they are helped by more advanced spirits who come down from the higher planes as well as by other humans like herself who have the ability to astral travel into the ethers and do some counseling work.

"The hardest part is first convincing them that they are no longer in human form," Maggie said, chuckling. "Some of them, especially the atheists, can be very stubborn. They refuse to accept that their bodies have died. They simply will not release the ego. I believe that intellectual arrogance is an addiction worse than alcohol. It is not until we can convince them that they have died and passed on to another dimension that we can begin to make any progress in helping them."

When I asked Maggie why the spirits cannot realize they are dead when people don't respond to them, she explained that it is similar to having a bad dream. "The lower the plane, the lower the consciousness," she said. "Consciousness in the ethers is a reflection of the degree of spiritual consciousness attained while incarnate and with our ability to live up to that consciousness. Because of the materialistic pursuits of our society, advancement in spiritual consciousness is very slow. For the earthbound spirits, it is like they are having a bad dream. When you dream, do you know if you are alive or dead? It is the same thing with them. They are far from full consciousness."

#### Soul Work

Maggie ended the interview sooner than I would have liked. It was time for her to tend to some soul work.

Is Maggie some kind of kook or does she really know something? All I can say is that she comes across as a very credible and sincere person. My friend, her neighbor, agrees and has cut back his weekly mileage from 90 to 50 while also giving up his Sunday morning long run to accompany his wife to church services. □

#### Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Darren Farris, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.

#### Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.50 postage and handling for each order.

Send to:

National Masters News  
P.O. Box 50098 Eugene, OR 97405



# From The Editor

by AL SHEAHEN

## The Staff of (NMN's) Life

It's been more than three years since we moved the main office of the *National Masters News* from Los Angeles to Eugene, Oregon, and it has worked out well.

Suzy Hess is our Administrative Editor and point person, working virtually full-time on NMN. Hers is the voice most people hear when they call for subscription, advertising, publication or other information.

Suzy has been managing the Eugene office since its inception in 1995. She has established NMN e-mail and set up a web page.

Suzy is a masters thrower and Oregon Track Club member. In 1996, she was elected Secretary of the USATF Masters Track and Field Committee. In her spare time, she swings a mean 5-iron on the local golf course.

Jerry Wojcik, who has been with NMN since 1983, continues in Eugene as Senior Editor. He is responsible for much of the editorial content of the paper, including the schedule, Masters Scene, results, his own Weight Room column, many of the race and meet stories, many of the photos, and a host of other jobs.

A community college English professor for more than 25 years in Los Angeles, Jerry retired in 1990 and later moved to Eugene, where his son, Dan, is a tenured professor of folklore at the University of Oregon. Jerry could do without the rain, but he finds much to like in the Eugene community.

When Jerry gets swamped – usually close to deadline time – he calls upon two capable helpers in Eugene: Jane Dods and Janna Walkup.

Jane is another ex-Angeleno. She also worked for NMN in Los Angeles for a couple of years. She moved from L.A. to Eugene in 1990 after selling her house at the top of the L.A. real estate market. No dummy, she.

Jane is an avid runner, both on the track and the roads and frequently travels to exotic places to compete or to explore. Recent trips have taken her to South Africa, Nepal, Patagonia, Mt. Kilimanjaro, and across Russia on the Trans-Siberian railroad.

Former thrower-turned-distance runner Janna Walkup is a University of Oregon graduate with degrees in journalism and English. A freelance writer, she enjoys coaching Special Olympics athletes in basketball and track, organizing her Cheese Zombies running team for distance relays such as Hood to Coast and Mt. Rainier to Pacific, and rooting for the Oregon

women's basketball team.

A Seattle native, the versatile Janna rowed crew at U. of Oregon, writes magazine articles, teaches writing classes to children and has done some book editing and text writing. Janna wrote virtually all of last year's articles on the Indy Life Circuit races.

Meanwhile, the printing and mailing of NMN continue to be done in the Los Angeles area.

Angela Egremont, a graduate of Cal State L.A., with a degree in journalism, organizes all the editorial material, advertising, results, etc., into a cohesive form. She determines the number of pages for each issue, assigns each story a page, consults with Jerry on the front-page layout, and works closely with the printer to eliminate typos from the final product.

A native of England, Angela has a beautiful soprano voice, and has sung professionally – usually performing operatic solos with local Los Angeles choral groups.

She has her own writing service called, appropriately, "Say It Right," and is the proud owner of 14 cats. (It may be 15 by the time you read this.)

The paper would never see the light of day without the considerable talents of Kim McGill and Carol Covey, employees of Doris and Doug Horwith's American Foothill Publishing Co. Kim and Carol put the final product together with much skill and tender, loving care.

Kim is the computer wizard; Carol



NMN's administrative editor Suzy Hess (l), senior editor Jerry Wojcik, and associate editor Angela Egremont, enjoying a sunny spell between El Niño storms in Los Angeles.

is the one who oversees the production and gives the paper its "look." Darlene Gutierrez and Danny Martinez help with the typesetting, while Lorraine Beno and her staff make sure the paper gets to the post office each month in a timely manner.

Stark Services, our "fulfillment house," keeps track of your subscrip-

tion info and mailing label. Darren Farris can tell in an instant where you live, when your subscription expires, whether you're into track and field, road running or racewalking, and who knows what else?

That's a small capsule of the key people who work to put out NMN each month. □



It's Where The Masters Have Gathered



From Left To Right- Bill Rodgers, Ron Hill, John Campbell, Henry Rono

The 10<sup>th</sup> Bill Rodgers 10 K Masters or 1/2 Marathon  
MEMORIAL DAY - MON., MAY 25, 1998

**\$3,000 CASH AWARDS**  
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NATIONAL MASTERS NEWS READERS Take \$2.00 Off Entry Fee \$15.00  
Mail Requests: Great Race, P.O. 682 • Elkhart, IN 46515  
FAX For Entry: (219) 293-8324 or Call (219) 296-5862

### FIFTEEN YEARS AGO April, 1983

- Barry Adams Wins Masters Mile (4:26.5) at Portland, Ore., Indoor Meet
- Mike Holbrook (4:35.1) and Barbara Pike (5:22) Win San Francisco Masters Mile
- Marion Irvine, 53, Is First W40+ (39:55) in Hawaii All-Women's 10K



## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Nail Fungus Can Be a Stubborn Problem

One of the side effects of track and field and long distance running is the lack of beautiful, clean, healthy toenails. I can't think of one athlete I have treated over the past 30 years who has shown up with perfect toenails. Most of us have the thick, brown-yellow toenails that have been banging up against running shoes for years and years. It seems to come with the territory.

Over the past two years, there has been an increased interest in such nails which actually are suffering from a fungus infection. Nail fungus is clinically described as onychomycosis, an infection caused primarily by living organisms called dermatophytes.

This fungus can spread from toe to toe, from finger to finger, and from person to person. It rarely goes away by itself. Nail fungus loves the moist warm environment of our socks, and the constant pounding on the nail bed allows this fungus to flourish.

But let me point out that this nail fungus has nothing to do with personal cleanliness. Usually it is a result of banging on the toe or trimming the nails too short.

Most of us are a little embarrassed by the way our nails look, but usually they do not slow down our workout programs. The only time they can be a problem is when they get very thick and press down on the nail bed, which causes soreness.

Over the past two years, new technology has provided us with oral med-



TESH TESHIMA

Gerry Lindgren, 51, with members of Faerber Flyers team (l to r): Peggy Regentine, Ann Baginski, Melodie Grigsby, and Marie Boles, at the Sylvia Martz 5K, Honolulu.

ications that can eliminate the fungus. In the past, we have had to use topicals, which control the fungus, but do not eradicate it. The two most popular medications are Lamisil and Sporanox. These are taken from 12 weeks to six months as oral medications, although we have seen some improvement in six weeks. As with all medications, they can have side effects such as gastrointestinal upset and headaches. There are also reports of liver and skin reactions. But it appears these medications are well tolerated, generally.

I suggest thinning the nails out while taking the oral medications and

applying an over-the-counter topical such as Fungoid Tincture or Tineacide. Use of a brush with soap and water will get rid of the nail debris. For those who are worried about odor, Clorox on a Q-tip every two weeks might help.

So, for those of you with runners' nails... there is hope. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

## 1998 USATF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

EVENT SCHEDULE  
UNIVERSITY OF MAINE, ORONO - JULY 30-AUG. 2  
Rolland Ranson, Director

**Thursday, July 30**  
A.M.  
5000  
Pentathlon W&M  
Hammer W & M60+  
800 trials or semi-finals  
P.M.  
Hammer M30-59  
400 trials or semi-finals  
Break  
800 semi-finals from trials

**Friday, July 31**  
A.M.  
5000 Racewalk  
Long Jump W & M60+  
Pole Vault W & M60+  
High Jump M30-59  
Discus W & M60+  
P.M.  
Discus M30-59  
400 semi-finals from trials  
1500 semi-finals  
High Hurdles semi-finals or finals  
100 trials or semi-finals  
100 finals  
3000/2000 Steeplechase  
Athletes' meeting

**Saturday, Aug. 1**  
A.M.  
10,000

Long Jump M30-59  
\*Pole Vault M40-59  
High Jump W & M60+  
Shot Put M60+  
Javelin W & M60+  
400/300 Hurdles  
100 semi-finals from trials  
P.M.  
Shot Put M30-59  
800 finals  
100 finals  
200 trials or semi-finals  
Championship Lobster Cookout Feast & Downeast Entertainment

**Sunday, Aug. 2**  
A.M.  
10K/20K Roadwalk  
Triple Jump W&M  
Pole Vault M30-39  
Shot Put W  
Javelin M30-59  
200 semi-finals from trials  
P.M.  
1500 finals  
200 finals  
Age-Graded 100  
4x800 Relay  
4x100 Relay  
4x400 Relay

Order of competition: oldest to youngest; women first, except where noted. Events will not be moved to different days from this schedule. By rule, trials are run when there are more than 16 entries; semi-finals are run when there are 9-16 entries; 1500 has different rules.

\*On Saturday, the M40-59 pole vault begins 1 1/2 hours after the M30-59 long jump begins.

For further details contact Rolland Ranson, Meet Director, at Tel: 207-581-1077; Fax: 207-581-3474; e-mail: ranson@maine.maine.edu. □

## Masters Flock to Air Force Academy

by JERRY DONLEY  
USATF Colorado Masters  
Committee Chair

The USATF Colorado Association Indoor Meet was held at the United States Air Force Academy, Colorado Springs, March 1. Over 250 youths were involved, and more than 100 open, submasters, and masters competed.

This meet is unique as all age groups compete on the same day, cre-

ating an opportunity to illustrate to younger athletes that track & field is a lifetime sport. In the pole vault, beginner Kyle Krueger, 10, vaulted with William Chivvis, 73. Matt Merritt, a 15-year-old 8th grader, vaulted over 13-0, beating all others except two submasters.

Wendell Palmer had an excellent day, with a pending M65 U.S. record shot put of 13.56/44-6 with the 5kg. Len Olson has the listed record of 13.03/42-9. Jack Greenwood, M70, commenting that he was not in very good shape for competitive running, ran the 400 in 70.82, again bettering his age, but pulled a muscle three steps out in the 55m.

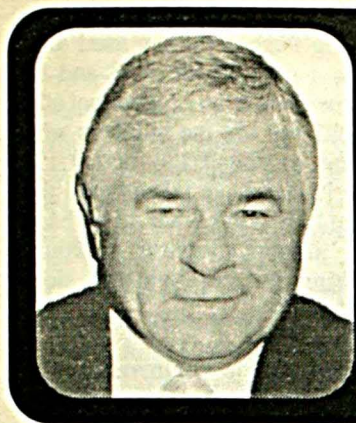
This meet is held annually, the day after the conclusion of the Western Athletic Conference Championships, and the Academy leaves the same equipment for use in our meet. It is a great place to compete and is open to everyone.

An all-day affair, this meet would not be possible without the efforts of the many volunteers, who are very much appreciated. □

## TEN YEARS AGO April, 1988

- Bob Schlau (40, 2:19:27) Bests Bill Rodgers in Los Angeles Marathon
- Larry Stuart Sets M50 Javelin World Record (210-0)
- 12-City Masters Running Circuit Organized by Dean Reinke





# Track & Field Report

by **KEN WEINBEL**,  
Chairman, Masters T&F

## Action vs No Action

**I**s no action really an action, if you have the choice to act or not to act? This question was posed by one of my college professors to his students to ponder some 50 years ago. I have often visited this question during the ensuing years and more recently during my term of office as chairman for the Masters Track and Field Committee.

A possible adequate answer was once unintentionally suggested by a colleague, when confronted with a situation that required immediate action. Observing that an involved person was perplexed, confused and non-responsive to the situation, my colleague, desperate for assistance, cried out, "Don't just stand there - do something." Haven't we all heard that before? Another solution is suggested by the old New England bit of wisdom, "If it ain't broke, don't fix it."

### Gasping For Air

What has all this to do with masters track and field? We are experiencing problems that need attention. Ken Stone, in his Track CEO web site, in a recent e-mail prefaced his remarks by stating, "Masters track is gasping for air and USATF stands to the side yawning." This may be a little misleading. Perhaps "Masters track is gasping for air and USATF stands to the side also gasping," is more accurate.

What is causing us to gasp for air? First and foremost are finances. Two years of drastically reduced funding from USATF has caused the masters to reduce and curtail programs and projects. It was necessary that our committee take immediate backward steps. We have been marking time ever since. Recent meetings with our national executive committee and new CEO, Craig Masback, have not projected encouragement for any quick fix. An optimistic rhetoric and aura of dedication to the task at hand are continually projected by all executive committee members and officers of USATF for the future of the sport. This is encouraging, but I am not sure that we can afford the luxury of a "do nothing" mentality.

Quite frankly, masters track and field needs an infusion of money. The regional programs are the life line of our entire program, and our regional coordinators have to function terribly handicapped by their miniscule budgets. Last year, the team manager had to personally solicit funds to meet her expenses to attend the WAVA championships in South Africa. We had no funds to purchase appropriate awards for our initial Hall of Fame class, etc., etc. As my old colleague cried out in

desperation, "Don't just stand there, do something!"

### Financial Study

The first action I took as chairman was to appoint a marketing committee, headed by George Mathews (Pacific Northwest). We did a comprehensive study of our financial plight and evaluated the marketability of our masters program. After meetings with potential sponsors and sport event councils of selected cities, we ascertained that our most marketable asset presently is our outdoor championships. Several site managers expressed interest in working with the Masters Committee to develop a financial packet for title rights and profit sharing. Unfortunately, at the Dallas convention, our own membership elected not to pursue this action and we are now committed to non-revenue producing championships awarded through the year 2000. By voting for no action, the anti-action group did take action. Perhaps this is what my old professor was alluding to.

### Divided Ranks

There is a division in our ranks. A portion of our membership recognizes the current state of affairs and is anxious to "do something." Another portion of our membership is quite no-action oriented, contending that the way things have been done for the past 20 years works, so "don't fix it." Perhaps when USATF proposes that change is needed and forthcoming, it offends the founding fathers and old guard. I really don't believe the USATF and Masters Committee want to completely change the order of things. Better terminology might be

**FIVE YEARS AGO**  
**April, 1993**

- Eamonn Coghlan Lowers World Indoor Mile Record to 4:01.39 in New York City
- Phil Raschker Breaks Four W45 World Records in Southeast Regionals
- 19,703 Run in Hot Los Angeles Marathon



JOAN WILSON

Doris Elliott-Watson, 65, Bonner Springs, Kans., and Dick Wilson, 65, Lawrence, Kans., with their awards for being selected the 1997 Citgo Athletes of the Year by the Kansas Sunflower State Games.

that improvement is the chosen modus operandi.

As for myself, I have an action-driven mindset. I believe if something is suspect of failing, fix it before it fails. With this in mind, I propose that we format a series of open discussions to obtain membership input for our mar-

keting committee. I am asking each of the regional coordinators to schedule time, perhaps at Association masters meetings and regional competitions, to lead discussions and report back to George Mathews or me. We need to get moving.

Don't let no action be your action. □

## BIRMINGHAM TRACK CLUB CLASSIC

(IN CONJUNCTION WITH THE SOUTHEASTERN POLICE AND FIRE CHAMPIONSHIP)

DATE----- June 6, 1998

SITE----- Hoover High School, Birmingham, Al. Exit 10, I-459, go south on Hwy 150 to Parkway, RT on Parkway to Learning Lane to Hoover HS. Watch for signs

FACILITIES--- Eight lane Chevron track, Chevron jump and grass runways.

AGE DIVISION- Masters (Age 30 and over) men and women will compete in five year age groups. Open and Youth (18 and under).

ENTRY FEES --Entries postmarked by June 1, \$10 first event, \$5 each additional event, \$10 each relay. \$25 Mini Decathlon. Late Registration (including day of meet, one hour prior to running event) \$10 per event. \$20 each relay.

AWARDS----- Medals to the first three places in each age group.

DIRECTOR---- Gordon Seifert (205) 879-8031 GESEIF@AOL.COM

SPECIAL AWARDS-TRAK SHAK GIFT CERTIFICATE

\$60 \$30 \$15 KC 100m DASH-Top eight age graded times run a distanced handicapped 100m.

\$50 Jim Law 400m DASH-Top age graded 400m time.

\$50 MINI DECATHLON- Select any five of the ten events

\$50 ULTRA MILE-440 & 880 times are split out in the mile run. The 440, 880 and mile times are age graded and scored like a Cross Country meet.

SCHEDULE OF EVENTS (Women run first, followed by men, older to younger, Police & Firemen)

9 AM 5000 meters	1 PM 400 meters	FIELD EVENTS
10AM 4 x 100 relay	2 PM 200 meters	9 AM Hammer throw
10 30 50 meters	2 50 KC 100m	10 AM High Jump, Standing Long Jump
11 00 80-100-110 H	3 PM 800 meters	Long Jump, Pole Vault, Shot
11 30 1500 meters	3 30 300-400 H	Discus, Javelin
Noon Ultra mile	4 PM 4 x 400 relay	Triple Jump (Follows Std LJ)
12 15 100 meters		

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# Masters Racewalking

by ELAINE WARD

Dave Romansky –

## Why Racewalking Times Are Faster

(This is the third and final part of an interview with Dave Romansky – an Olympian in 1968 and on his way to taking his place among the masters champions after a 15-year layoff.)

**EW:** In our last conversation, you noted that many people wonder why the 20K and 50K times were slower in the 1950s and 1960s than they are today.

**DR:** There are several reasons. Back then if you received one warning, you were disqualified. You could get several cautions, but only one warning. Judges would let you know when you were on the verge of becoming illegal. For example, a judge would let you know if you were getting close to losing contact. If the same judge caught you again and saw you as “off the ground,” that was it. You were out of the race. Sometimes a judge would see you as “flagrantly” illegal and would throw you out of a race without a caution.

There were several problems with the “one warning and you’re out rule” which eventually led to requiring three warnings for disqualification. For exam-

ple, there were occasions when personality conflicts entered in. A judge wanted a guy out of the race and he was gone, and the competitor didn’t have anything to say about it.

### Fierce Rivalry

Another reason for the rule change was the fierce sectional competition between east and west. The rivalry was not so much between the athletes as it was in the judging. If someone on the east coast walked a good race, they didn’t believe it on the west coast. And vice versa.

I remember going to one race where an athlete came and told me, “Watch what you do because they (the judges) are out to get you.” This was at a national championships. There were six Olympians in that race and the judges were primed all right. I was coming down the straightaway when I received a call. Out of all the Olympians in that race, five were DQed. Tom Dooley ended up winning the race and he was so afraid to walk, that he was street walking. That is what we had to go through. This was around 1969 and 1970.

In another race on the west coast, Larry Young was favored by the judges. Larry was one of the best technicians I have ever seen in my life. My brother overheard a couple of officials talking to each other. One said, “Don’t worry about Young. He will be okay. But check those guys from the east coast.”

### Surprise, Surprise!

You may wonder why today’s judging manuals specifically state that judges have to be in plain sight of the competitors and cannot lie on the ground. In my time, judges would hide behind trees and suddenly pop out and flag you, or they would lie down on the ground trying to catch you off the ground. Frequently, they would position themselves at the middle or bottom of a hill. You know how hard it is to control your tempo going downhill when you are racing.

Since that time, the rules have changed drastically. Today, a walker has to have red cards before being disqualified. There is one coach I know who coaches his walkers to take advantage of



LEO BENNING  
Peter Hatz, winner (1:53:07) of the M60 20K racewalk, 1997 South Africa Veterans Championships.

the three-warning system. He tells competitors, “If you know that someone has given you a red card, don’t worry about that judge any more. Walk however you want in front of him; he can’t throw you out.” I feel that is an awful way to coach. It’s like teaching someone it’s okay to cheat.

Recently, I was talking to a young athlete after a race. He had two cautions. He said, “They (the judges) just won’t let me turn loose. I could get my time much lower.” I replied, “You got through the race. You wouldn’t have gotten through the race twenty years ago.”

I think the change from one to three warnings is largely responsible for the faster performances of the athletes today over those of the sixties. In our time, the 20K record was between 1:27 and 1:28. Now the athletes are down to 1:18. They can do a lot more, as they can get two calls before they feel they have to slow down.

### Fitness Factor

**EW:** I have heard IAAF judges say that today’s fastest times are made possible because the athletes are more fit.

**DR:** I don’t think they train any harder. In fact, I think they train a little easier than we did. I personally think the different standard of judging has brought the faster times. My wife and I went up to a race in Albany recently. My wife isn’t a judge, but she knows judging. After the race, she went up to the guy who came in sixth and said to him, “Congratulations on winning.” His expression was comical. He said, “I didn’t win. I came in sixth.” She said, “No, you were the first legal walker. The rest were running.” She is very outspoken.

When athletes start going the speeds of today, it is very, very difficult to stay legal. What is happening is that the guys are getting off the ground and the judges

aren’t calling them like they used to. I don’t think a guy can do 1:18 and be legal. Maybe there is an exceptional athlete who can, but not the numbers who are walking in the 1:18s and 1:19s today. The judges have taken down the barriers and they don’t want to go back to stricter judging because it would mean making the top walkers slow down.

### New Knee Rule

This is where the controversy with the new knee rule enters. Rather than addressing the loss of contact rule, they have zeroed in on the straight knee rule. The argument is that having the knee straight at heel contact will help ground contact. Having walked with the old rule under strict judging conditions, I can only say, “So did the rule.” It kept walkers legal for decades. Since the new knee rule came into effect in 1996, guys who were walking legally one day, suddenly found themselves walking illegally the next.

In my opinion, the new knee rule isn’t proving much in controlling lifting. The top walkers are simply accommodating to it; but it is hurting the masters program. And it is a sore subject with masters. In talking to ten walkers at a race, eight of the ten don’t like the new rule. This suggests that it isn’t serving the masters program very well.

**EW:** The judges like the new rule because they find it easier to see whether a knee is straight at heel contact than they did in the vertical position. They feel that the majority of masters who are being DQed could straighten their knees if they would just slow down, which is probably true. However, the same thing could be said about those athletes who are lifting. All they have to do is slow down to be legal.

### Dodging the Issue

There is no serious consideration of enforcing loss of contact with the same intensity as bent knees. In fact, many IAAF judges answer masters’ complaints about this inequity by explaining that “judging is by the human eye, and the human eye can’t necessarily see lifting as well as knee bending.” They quickly follow up this explanation by saying, “This may not be fair, but who is to say life’s fair?” I feel this answer simply dodges the issue.

**DR:** I have never had much trouble with the new rule, so it’s not sour grapes with me. Personally, I do not think it benefits you not to lock your knee at heel contact. If you are contacting the ground with a bent knee and lock as you go across, I actually think it slows you down. You cannot go as fast as you would if you landed with a locked knee, because you lose your pulling power. By the same token, if a guy has a bent knee all the way through the stride, he is getting the advantage of a runner because he isn’t getting any fatigue factor.

I have watched lots of films of walkers who have received disqualifications. When you slow the action down, you can see where they are locking their knees. It is a very, very tough call. I personally think they should go back to the old rule. □

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## Hartshorne Mile

Continued from page 1

Hartshorne winner. "I relaxed and everything just fell into place. The older I get, the more inconsistent I am. I'm not sure if the 4:25 miler or 4:40 miler is going to show up."

Charlie McMullen, 46, of Rochester, three-time Hartshorne Mile winner, and a national masters cross-country champion, placed second behind his brother in 4:35.82. Miles Vaughn, 42, of Brooklyn, captured third in 4:37.20.

Designated rabbit Dave McMillan, a Syracuse U. student, was enlisted to set an early pace - 33-34 seconds per lap. Tom Hartshorne, of Brooklyn, whose late father created this event, offered the rabbit an unexpected pacing assist by leading for the first 600m before fading to fifth in 4:40.82. "I'm a little undertrained for the mile," said Hartshorne. "I ran well for 800 meters, then the last half mile looked like 10,000 meters."

By the half-mile split (2:16), Tim McMullen had taken firm command of the race, with Vaughn, a two-minute half miler, trailing by four seconds. On the final lap, as his brother headed toward victory, Charlie powered through the field, charging past Vaughn for the No. 2 position.

"I made a pretty good move around the half, but fell back to last again," Charlie observed. "I felt weak or else I wouldn't be hanging with Miles with 200 meters to go because he's a fast 800 runner. I was lucky to get second."

Harry Nolan, Navesink, N.J., current M50 national champion and U.S. M50 record holder in the 3000, was sixth in 4:46.83.

The Hartshorne Masters Mile men's combined Section I and II race was won by defending champion Ron Hulslander, 41, Cortland, N.Y., in



FRANK DIMEO

Tim McMullen, 45, winner (4:29.77) of the Men's Elite Mile, Hartshorne Memorial Indoor Masters Mile, Ithaca, N.Y., Jan. 24.

4:49.01. Gary Radford, 41, Cicero, N.Y., was second in 4:51.35. Dave Worden, 42, Earlville, N.Y., took third in 4:54.45.

Patti Ford, 42, Lafayette, N.Y., easily defended her women's masters title for the second straight year with a 5:17.33. Ellen Predmore, 40, Clifton Park, N.Y., was second in 5:33.63.

Ford was hoping to break the U.S. W40 record of 5:12, but a last minute cancellation by her baby sitter caused Ford to arrive late and forgo the proper pre-race warmup rituals. "All my workouts have indicated I could do between 5:12-5:16," said a disappointed Ford, who led wire to wire. "I could hear Ellen behind me for the first half,

then after six laps I looked and could see her way back. I used that as an excuse to let up. I should have looked at the clock a little closer."

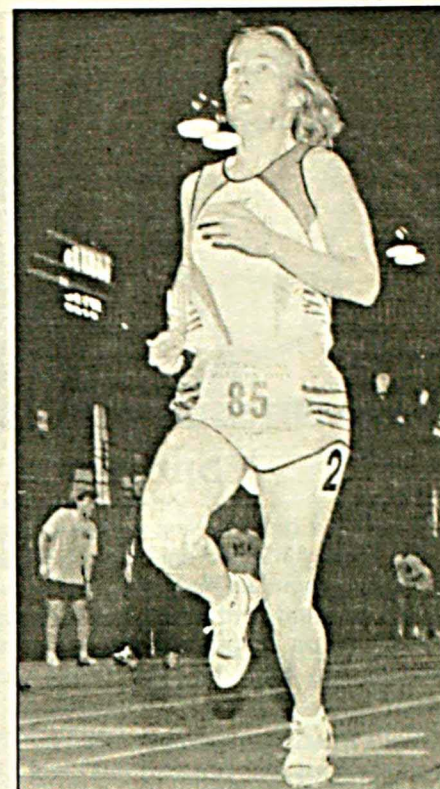
Leatha Damron, 34, Syracuse, N.Y., won the W30-39 race in 5:39.04. Sandy Gregorich, 35, State College, Pa., clocked a 5:41.06 for second. Jo Marchetti, W50, recorded a 6:02.55.

The day's most outstanding performances belonged to Earl Fee, a 68-year-old track specialist from Toronto, Canada, and Tony Napoli, a 77-year-old distance runner from Buffalo, N.Y. Fee set a pending age record with a 5:18.50. Napoli bettered the M75 world record with a 6:48.97. The previous mark of 6:54.8 was held by Byron Fike.

Fee was pleased with his effort, but added, "I thought I could run about 5:16. If I'd been running by myself I think I could have done it by running more even splits - when you get in with other people, you get tactics."

Napoli, ranked second M75 in the March *Running Times*, runs 11 miles daily six days a week and then does 18 miles on Saturdays. When he was told that he had broken the record, Napoli's response was, "I think I could have gone faster."

The 31st annual Hartshorne Masters Mile was sponsored by the Ithaca Center for Postgraduate Medical Education, a division of Zeseron &



FRANK DIMEO

Patti Ford, 42, winning (5:17.33) the Women's Division, Hartshorne Memorial Indoor Masters Mile, Ithaca, N.Y., Jan. 24.

Associates, Jay Williamson, CLU & Associates, and Cherry Valley Appliance Repair, and was presented by the Finger Lakes RC and the High Noon AC. □

## Palm Springs Lures 150 to Senior Olympics

by JERRY WOJCIK

Masters athletes on the West Coast looking for a break from El Nino's wrath, found it at the Palm Springs International Senior Olympics in Palm Springs, Calif., on Feb. 14-15. Skies cleared enough for a "nice weather" rating by the 150 track and field registrants of the total 2200 men and women, age 50-and-over, who took part in the multi-sport event, which is held annually in this Mecca for escapees from winter's cold blasts.

The 100m drew a contingent of present and former masters national champions for an early-season workout. Bill Knocke, M55, in 12.89, Bobby Thomas, M60, 13.10, and Milt Silverstein, M75, 14.52, were division winners. Sumi Onodera-Leonard won the W65 race in 18.19. Bert Morrow, in the M85+ division, recorded meet records in the 100 (18.50) and 200 (40.45).

Jame Roguely, M50, was under the 60-second barrier in the 400 with a 59.44. Alan Olson, M55, 2:22.82, and

Jim Selby, M65, 2:37.00, broke meet records in the 800, as did Bob Culling, M65, 5:23.73, in the 1500. On the roads, Robert McGeough, M55, posted the only sub-40:00 10K time, with a 39:25, and erased the record for the 5K, with a meet's best 18:37.61.

World-record-holder Ross Carter, M80, hit the 35-4½ mark with the shot. Arnie Gaynor won the M75 discus throw with a day's best 135-3.

In all, two dozen records fell, five by W65 runner Nessie Hollicky, in events ranging from the 400 (86.77) to the 5K (25:31.71).

The Senior Olympics were produced by the Palm Springs Mizell Senior Center under the supervision of Ben Green, the Center's Executive Director. Mike Castaneda, M75 thrower from nearby Cathedral City, served as Commissioner of Track & Field.

United Healthcare, Long Beach, Calif., was the presenting sponsor. The Palm Springs Rotary Club provided volunteers to work the meet. □

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# On The Run

by HAL HIGDON

## Springboard Training

A runner recently sent a question to the Ask The Expert column I write for *Runner's World* on America Online. He had enjoyed completing his first marathon last November in Philadelphia, where he lived. He took several months off from hard training to rest, maintaining his fitness over the winter by working out on a cross-country ski machine. "I want to start training for another marathon this fall," he said. "What sort of miles should I be putting in this spring?"

That's a common question asked by runners: What do they do between marathons? Is there some different kind of training that will allow them to stay in shape, or improve fitness, without getting overtrained? And how prepared should new runners be before

jumping into a marathon program? Just as baseball players use spring training to get ready for the season, runners need a form of springboard training to get ready to run marathons. Bill Fitzgerald, co-leader of the CARA Chicago Marathon Training



MIKE POLANSKY

Third-place Coed Masters from the Leahy team (l to r): Nancy Tischler, 52, 22:08, Nancy Cattabiani, 49, 31:18, Gene Leahy, 49, 20:46, and Peter Martin, 47, 21:07, 1997 Rob's Run 5K Cross-Country, Syosset, Long Island.

Class, suggests that runners enrolled in that class should have reached a level where they can run 15 to 25 miles a week without undue stress. They should be capable of running 4 to 6 miles in a single workout at least once a week. They should have run at least one or two 5K or 10K races just to get a feel of the racing scene.

"If they're not at that level," says Fitzgerald, "they're going to have a hard time maintaining the mileage buildup leading to marathon success." The CARA Chicago Marathon Training Class begins the week of June 8-14 and continues for 18 weeks to the marathon. Weekly mileage for novices starts at 20 miles and builds to 40. Weekend long runs build from 6 to 20 miles. Intermediate and advanced runners do somewhat more.

"Each year we have enthusiastic

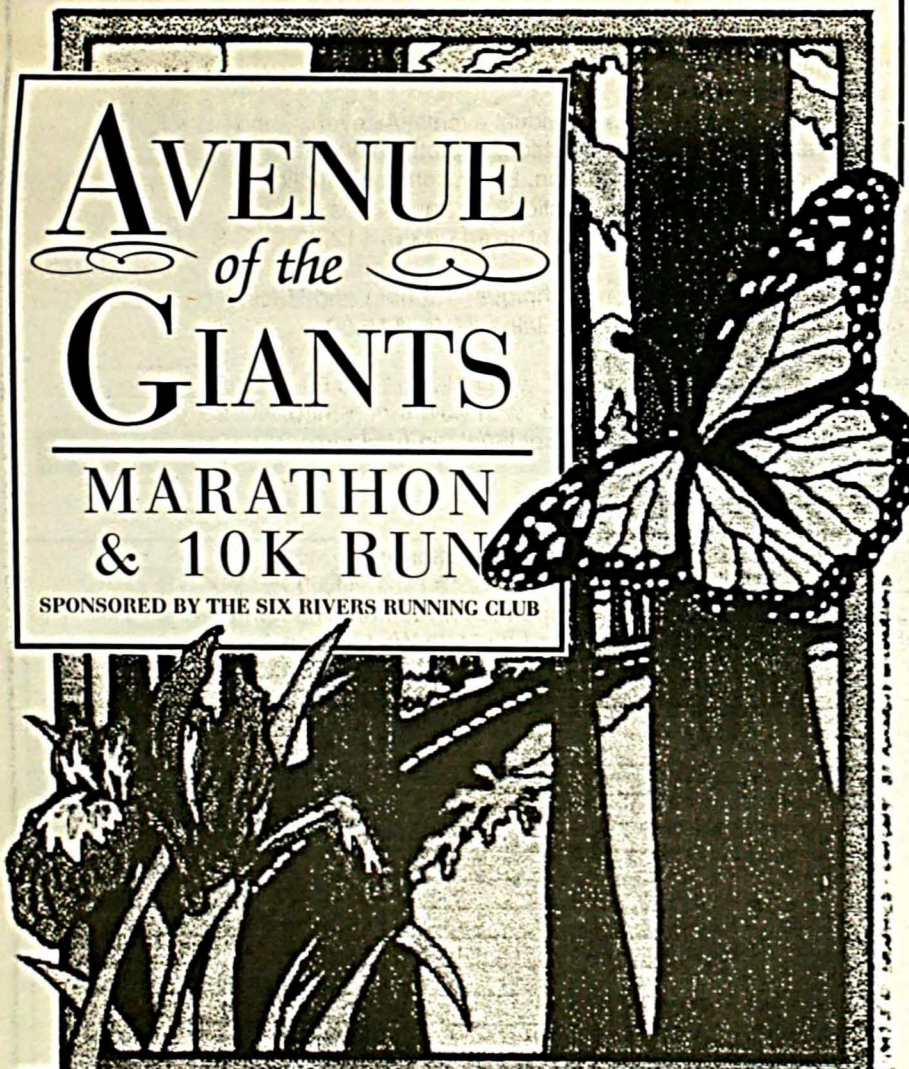
people who join our class, but drop out because they're not prepared to make that commitment," says Fitzgerald.

The answer is springboard training. If you're like that runner from Philadelphia, you need to get out of the health club and start running outdoors at least three to four days a week. Experienced runners should focus more on improving the quality of their training, rather than the quantity. □

(Hal Higdon, Senior Writer for *Runner's World*, is author of numerous books on training. The above article appeared in the March/April issue of *Mile by Mile* a bimonthly newsletter published by The LaSalle Banks for people running the Chicago Marathon. For more information and detailed training advice, visit Higdon's web site: [www.halhigdon.com](http://www.halhigdon.com).)

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## Indy Life Circuit

Continued from page 1

earn money from both categories. This rule was modified due to athlete input.

The 1997 Indy Life Circuit crowned four grand prix champions – masters overall winners Craig Young and Jane Welzel, and age-graded champions Joan Ottaway and Doug Kurtis.

"After a most successful first year of the Indy Life Circuit, I am tremendously pleased that the Indianapolis

Life Insurance Company is again sponsoring the USATF national masters circuit," said Charles DesJardins, Circuit manager. "The Circuit provides an opportunity for masters athletes of all ages to compete throughout the country. Masters runners now have an increased incentive to train, compete, and serve as role models." □

– From Road Running Information Center

## Final Schedule for the 1998 INDY LIFE CIRCUIT

May 1	Indianapolis Life 500 Mini-Marathon	Indianapolis, Indiana
May 16	Berwyn 5000 (men only)	Berwyn, Illinois
May 30	Freihofer's Run for Women 5K	Albany, New York
July 18	Bastille Day Celebration 8K	Newport Beach, California
August 22	Crim Festival of Races 10-Mile Run	Flint, Michigan
September 7	Pacific Sun 10K	Kentfield, California
October 4	Twin Cities Marathon	Minneapolis/St. Paul
October 31	Tulsa Run 15K	Tulsa, Oklahoma

Write On

Continued from page 4

meet a higher standard than their contemporaries of the 1970s or early '80s?

It's time for the records to include automatic as well as hand-timed performances when the former exceed the adjusted conversion. We should have two WRs if the automatic time is statistically superior. Twenty years from now I would expect very few hand times to still be around. But in the interim, by including both hand and automatic times in the record book, current records would more accurately capture the all-time best performances for a given age.

*Stephen P. Robbins  
Seattle, Washington*

**SILVER STATE MEET**

I would like to thank Greg Belancio, his staff, the 55 officials, and 25 unpaid volunteers, who helped make the 1998 Silver State Masters Classic in Reno another great meet.

The cost of putting on meets continues to rise faster than the income received by meet directors. The 184 paid entries in this meet barely covered the cost of facility rent, let alone other expenses. This year, the entry fee was raised from \$10 to \$15 at my request, but the increase did not make up for the loss of income due to the last-minute loss of a sponsor. I'm not sure if we raise the entry fee for next year's meet to \$25 that this will provide sufficient funds to cover expenses.

I have already begun working with the Silver State Striders in the 1999 meet in the hope of reducing expenses while increasing revenue so this meet will continue for years to come. We are receptive to any ideas or help. I can be contacted at 707-645-0200 or prsport1@aol.com.

*Eddie Seese  
USATF Pacific Association  
Masters T&F Chairman  
Benicia, California*

**NEW AA STANDARDS**

I have just entered the M75 division and am happy to be alive and the youngest in my group. I was disappointed, however, that the Standards of Excellence rose instead of decreasing. The shot has increased from 28-10 to 31-10. The discus went from 86-7 to 98-5. Those marks will be very hard to achieve.

On another matter, I think that all events should start from oldest to youngest. It might be okay for a 40-year-old to stand in the boiling sun, but when an M75+ has to wait two hours to compete, it makes you wonder perhaps if you will be in a new age bracket before you throw.

You have a fine publication. Keep it up.

*Major Brian Power-Waters (ret.)  
Church Hill, Maryland*

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_____	<b>Masters Age-Graded Tables</b> Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	\$ _____
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## The Weight Room

by JERRY WOJCIK

### Give Them Some Credit and Lend an Ear

**T**his is really a piece for non-throwers. Throwers can skip to the LDR-East section of the Schedule for more enlightening reading. While the race-walkers are up in arms over the straight skinny on the bent knee, and sprinters seek a true answer to the no-false-start rule, weight and superweight practitioners want to know why the best marks in their events are not world records. Rubbish, you say, how can events that don't exist in countries outside the U.S. and sometimes Canada, be attributed world records?

Allow me to rebut. There are precedents for granting "world" status to events not popular outside of the U.S. First off, the use of "world" in athletic events, as in "World Series," which goes back to 1903 before some parts of the world were even explored, doesn't seem to bother anybody, despite the fact that the teams in that former fall-now-played-in-the-winter event are not representative of nations other than the U.S. and Canada. Granted that ball players from Central America, Japan, and other countries may be team members, but until teams from Uzbekistan and Burkina Faso are in the playoffs, you have to wonder.

#### Eamonn Who?

Alright, that's a little jerrybuilt. Try this one. Eamonn Coghlan's 3:58.15 in the indoor mile in February 1994, the most highly publicized masters performance ever, would not be in the records if the powers that be hadn't decided to institute world records for the mile.

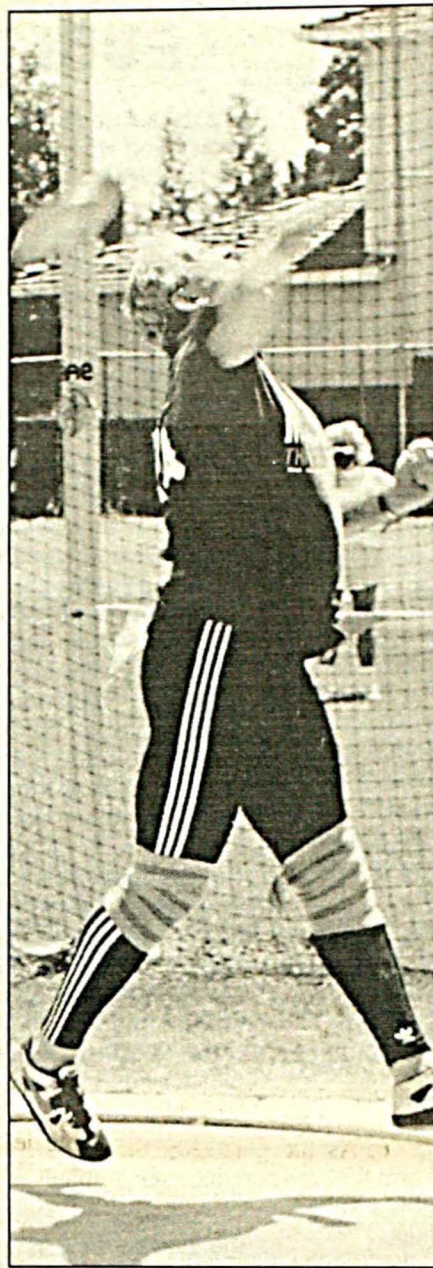
Check the world indoor age-group records for 1992. No mile. Why not?

*Because it isn't run very often outside of the U.S.* Check the indoor records in the March 1993 issue. Holy shamrock! There they are. Coghlan has come on stage and is credited with a pending 4:05.95, made just a month prior to publication. How's that for fast service?

You'll notice in the indoor records (February 1998 issue) that the remaining world age-group records are held by U.S. citizens, except for the M65 record, held by Canada's Earl Fee and set, incidentally, at a Michigan meet in March 1993. Does that tell us something?

If world records for the mile hadn't been judiciously instituted, Coghlan's performance wouldn't be found, if at all, in a readily available source as it is in the age-group records printed in the NMN. The U.S. records do list the mile, and Coghlan isn't a U.S. citizen. Bill Stewart holds the national M40 record at 4:11.00.

I know what you're thinking – the level of Coghlan's high-profile performance doesn't compare to the marks



JERRY WOJCIK

Larry Pratt, of Delaware, M55 national champion in the discus (176-4), 1997 USATF Masters Championships, San Jose, Calif. The 1998 Championships are scheduled for July 30-Aug. 2 in Orono, Me.

made by a bunch of grunTERS heaving chunks of metal off in some cow pasture. That doesn't wash, particularly nowadays, and probably never did in masters t&f.

Some of our more unsteady readers will interpret this as a knock on Coghlan, which it isn't. I'm simply saying that the weight throwers' marks should be accommodated just as Coghlan's mark was.

### A Sportsmanlike Solution

When enough verified marks are available, the weight (already in the U.S. indoor records) and superweight, an official indoor and outdoor event for at least five years now, should be listed as indoor and outdoor world and national records. Until then, the top marks could appear as "Best Performances" in the world lists, as the women's steeplechase and pole vault did until they were solidified.

Discussions with Pete Mundle, the Solomon of Masters Records, indicate that he is amenable to that idea. Whether WAVA will accept those marks as world records is another issue, but, as some throwers have expressed, maybe it doesn't matter. □



HUEL WASHINGTON

Sheila Banks (r), California, winner of the W35 shot put, and Dana Baumgarten, Florida, second, 1997 USATF National Masters Championships, San Jose, Calif.

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### T&F Rankings

Continued from page 1

100 deep.

The book, 52 pages, is available for \$7, plus \$1.50 for postage and handling, from the NMN, P.O. Box 50098, Eugene, OR 97405.

#### Indoor Rankings

The 1998 indoor rankings are being compiled and will be published in the July issue. The events to be ranked are the 55m/60m sprints and hurdles, 200, 400, 800, 1500, mile, 3000, HJ, PV, LJ, TJ, SP, WT, and 3000 racewalk. The indoor superweight marks are

combined with the outdoor marks and published with the 1998 outdoor rankings.

If your best indoor marks have not appeared in the results section by the May issue, forward them (except as noted below) with documentation no later than May 15 to Jack Lance, USATF Masters T&F Rankings, P.O. Box 276, Long Valley, NJ 07853. Send marks for the 3000 racewalk, 1500, mile, and weight throw to Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. □



# Training Advice

by HAL HIGDON

## Sprinting 103: Starting Technique

In Sprinting 101 and 102, I offered information on the proper technique necessary for sprint success, plus drills for improving speed. My source was Coach Sam Bell, head track & field coach at Indiana University. Following is what Coach Bell has to say about starting techniques.

1. The runner should be comfortable in the blocks, but a wrong position may feel comfortable because the sprinter has used it so long. Don't be afraid to change.

2. The front block should be back from the line about the length of the lower leg from the knee to the foot, and the back block should be back of the front block a similar distance. This is only the starting point, however, and each sprinter must adjust placement for maximum comfort and power to get the correct angle for the back leg.

3. The arms should be slightly to the outside of the knees and should be fairly straight, but without locked elbows. If the elbows are locked, they increase the length of time it takes to react, since the runner has to unlock the elbows before moving.

4. The head should be relaxed, but in line with the back. (No wrinkles in the neck.) Some runners like to drop the

head to where they are almost looking backwards. If they can come out of the blocks without being forced to snap the head upwards, this is permissible. But it is important that the head be lifted gradually from the deep position during the early strides. Snapping the head too quickly will have a ripple effect with the entire torso coming erect too soon.

5. While in the set position, the hips should be at least shoulder high and probably slightly higher. The angle of the knee for the front leg should be between 80 and 90 degrees. The angle for the back leg should be between 120 to 150 degrees. Get a coach or other sprinter to work with you to ensure proper angle.

6. As the gun fires, drive the lead arm forward parallel to the running surface. The motion should be forward not up. The back hand should come back just past the hip, no farther. (The elbow should be high.) The goal is to get that hand (and attached arm) into rhythmic action with the legs as quickly as possible. Quick arm motion helps quick leg motion.

7. The front leg in the blocks must apply force against the front block until that leg is almost completely extended to utilize all the energy stored in its best position on "set."

8. It is imperative that when the first, second and third steps are planted, the foot lands behind the knee, or a braking effect will take place. This results in a poor transition from the starting position into the running position, for it causes a premature erectness of the body and can cause the sprinter to stumble. The arms must continue to be active. Lazy arms can cause lack of knee drive and cause a dead spot in the transition from the block explosion to a relaxed run. □



ABREY JONES

Mitchell Lovett, top-ranked M35 in the 1997 indoor 200 (22.47), running a 47.7 in the 4x400, Empire State Games, N.Y.

## COMING NEXT MONTH

- Results, story and photos of National Indoor T&F Championships
- Masters Club Listings
- Entry Form for Outdoor Nationals



The 40-page 1998 edition of M-F's Perform Better catalog is now available. Aimed at therapists, trainers and personal trainers, weight and conditioning specialists, it offers a meaningful product selection for all whose focus is physical medicine or training for improved performance. This edition continues its focus on Functional Training and Rehabilitation that emphasizes entire body rehab or training rather than a single body part. Items included in the catalog are aimed at building strength/power, endurance, balance, speed and quickness from both a rehab and athletic perspective. For your FREE copy, call Toll-Free 1-800-556-7464 or write M-F Athletic Co., P.O. Box 8090, Cranston, RI 02920-0090.

# HAYWARD CLASSIC

## USATF NORTHWEST REGIONAL MASTERS CHAMPIONSHIP MEET

Sponsored by Cities of Eugene and Springfield



June 27 & 28, 1998  
Hayward Field  
University of Oregon  
Eugene, Oregon

HOST TO: Nike World Games, Track & Field Venue, August 1998  
National Masters Championships, August 10-13, 2000

DIVISIONS: 5-year age divisions for M and W, age 30 & over.  
ENTRY FEES: \$12 first event (no T-shirt); \$6 second event; \$3 each additional event; 7 event limit.

ENTRY DEADLINE: Postmarked by Tuesday, June 16, 1998.  
LATE ENTRY: \$10 late fee after June 16, 1998. No late entries after 8:00 p.m., Friday, June 26.

RELAYS: Will be in 10-year age groups; must wear distinguishable tops. Will be team scoring event.

AWARDS: Hayward Classic medals awarded for 1st, 2nd and 3rd; ribbons for 4th, 5th and 6th. Regional Championship Patches will be awarded.

TEAM COMPETITION: This meet will feature invitational team scoring. First Place Traveling Trophies for men's, women's and combined scoring. Team affiliation must be on entry form.

FACILITY: All weather track & runways (max. 14' spikes allowed).

CONCESSIONS: Food concession available at the Meet.

LOCKER ROOMS: Available in Bowerman Bldg. Bring towel.

MEET HEADQUARTERS: Phoenix Inn, 850 Franklin Blvd., Eugene. Call 1-800-344-0131 for room reservations by June 12th. Indicate Hayward Classic to get group rates.

PACKETS: Available at Phoenix Inn 6-8 p.m., Friday, June 26 and at Hayward Field after 7:30 a.m. Saturday.

RECEPTION: Sponsored by OTCM. Saturday, June 27, 5:30-7:00 p.m. at Phoenix Inn. Refreshments provided. Northwest Regional Meeting following reception.

### SCHEDULE OF EVENTS

Saturday, June 27

Track	Time	Field
10,000 Meters	9:00	Long Jump (2 pits) E. pit, M 60+ & all W, W pit, M 30-59
	9:00	Javelin, M 60+ & all W
5,000 Meter Racewalk	10:15	Weight Throw: All M & W
Mile Run (Age graded) W	11:00	Javelin: M 30-59
Mile Run (Age graded) M	11:10	
2K Steeplechase	11:30	Pole Vault (2 pits)
3K Steeplechase	11:50	
80 Meter Hurdles	12:45	Shot Put (2 rings)
100 Meter Hurdles	12:55	S. ring: All W & M 65+
110 Meter Hurdles	1:05	W. ring: M 30-64
100 Meters	1:15	
400 Meters	2:30	Super Weight Throw: All M & W
1500 Meters	3:00	

### Sunday, June 28

5000 meters	8:30	Discus: M 30-59
	9:00	Hammer: All W & M 60+
	9:00	High Jump: All W & M 60+
300 Meter Hurdles	10:15	
400 Meter Hurdles	10:30	Discus: All W & M 70+
800 Meters	10:45	
	11:00	High Jump: M 30-59
1 Mile Racewalk	11:15	Hammer: M 30-59
200 Meters	11:35	
	12:15	Triple Jump: All M & W
	12:30	Discus: M 60-69
3000 Meters	12:45	
4 x 100 Relay	1:15	
4 x 400 Relay	1:30	
4 x 800 Relay	1:45	

ALL EVENTS OPEN TO BOTH MEN AND WOMEN  
IN GENERAL, WOMEN COMPETE BEFORE MEN, OLDER BEFORE YOUNGER  
ENTRANTS IN RUNNING EVENTS MUST CHECK IN WITH THE CLERK  
AT LEAST 30 MIN. BEFORE EVENT START TIME  
ALL IMPLEMENTS MUST MEET WAVA METRIC STANDARDS AND  
MUST BE CHECKED IN AT LEAST 30 MIN. BEFORE THE EVENT



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HAYWARD CLASSIC MASTERS T&F MEET — ALL COMPETITORS MUST BE USATF MEMBERS

Name \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Address \_\_\_\_\_ Age (as of 6/27/98): \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Club Affiliation \_\_\_\_\_ MALE FEMALE  
USATF # \_\_\_\_\_

EVENTS \_\_\_\_\_ Best '97 / '98 mark\* \_\_\_\_\_ T-SHIRT — \$10.00 (check size)  
1. \_\_\_\_\_  small  med  XXL  large  x-large (\$11.00)  
2. \_\_\_\_\_  large  x-large (\$11.00)  
3. \_\_\_\_\_ NOTE: Late entries will be accepted up to 8:00 p.m., Friday, June 26th.  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_  
7. \_\_\_\_\_

\*Please use metric for distances, if possible.  
Event changes will not be permitted after registration.  
RECEPTION: Plan to attend? Yes  No  Number \_\_\_\_\_  
ENTRY FEE: 1 EVENT \$12 4 EVENTS \$24  
2 EVENTS \$18 5 EVENTS \$27  
3 EVENTS \$21 ETC.  
ENTRY TOTAL \$ \_\_\_\_\_  
T-SHIRT TOTAL \$ \_\_\_\_\_  
TOTAL \$ \_\_\_\_\_

Make checks payable to: OREGON TRACK CLUB MASTERS

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
SEND ENTRY WITH CHECK TO: OREGON TRACK CLUB MASTERS, C/O RUTH BREMILLER, 590 W. 29TH AVE., EUGENE, OR 97405 (541) 687-9675 (H)



## Fitness Walking

by VIISHA SEDLAK

### Walking Causes Exercise Revolution

The benefits of walking are impressive enough to be causing a revolution in the world of exercise and racing today, and the corporate world is taking notice. Corporate involvement is affecting both walk athletes and event organizers, a trend expected to increase if these groups continue to work together for the sport.

First, the number of exercise walkers is increasing rapidly as is the number of participants in organized fitness and racewalking events. Second, as more running and walk events and track meets fall by the wayside each year due to lack of money, corporate support becomes more important to us all.

Third, conflict, confusion, and inconsistencies in regulation have seriously damaged the sport of competitive walking from local through international levels, to the point where the continuance of walking as a competitive sport is now threatened. If walking were to be eliminated from IAAF events or the Olympic Games, as many

propose, participation in walking locally will be damaged. This would be unfortunate for many reasons.

#### Safe Way To Fitness

Walking is a safe and effective way to become fit, even for the elite athlete in other sports. I coached world-class distance runners in France and Switzerland in the late 1980s, including three walk workouts a week for cross-training, resulting in these runners unexpectedly and universally improving their running times. Why? Walking in the legal Olympic style requires more muscles in action simultaneously than does running. Thus the aerobic demand is much

higher and the conditioning more complete for the time and effort invested. Also, walking protects the hips, spine, and knees so athletes injured in these areas can often continue quality aerobic or even anaerobic interval walk workouts.

Walking demands strong abdominal and upper body conditioning, two areas often neglected and out of balance in the distance runner. It is rare for a walker to be injured, so there is little down time from this activity, compared to any other sport.

These factors greatly appeal to corporate wellness directors. Lack of injury, full body conditioning even at easy or moderate effort, and no need for special equipment or surfaces only add to the appeal of walking as a corporate fitness activity and an event that provides a nice bridge to the community as a whole.

#### Good For Children

Young children should not be encouraged to do structured running workouts or races, in large part because of the damaging stress of running on still-developing bone ends. Walking in the legal style has not caused such damage, and children take to the sport quite naturally. The older individual, who may experience joint damage, osteoporosis, muscle imbalances, or other normal factors of age, appear to be helped by walking.

We're looking at a tremendous opportunity to have walkers, corporations, and event coordinators work together to push toward better health and renewed growth in athletic participation. Runners and other athletes need to learn about the benefits of walk cross-training for injury reduction and improved performance.

Parents and schools need to be educated about walking and encouraged to

incorporate the activity into daily life. Corporations can reduce health costs and absenteeism, improve worker morale, and strengthen teamwork by easily and inexpensively incorporating this safe athletic and fitness activity into on-site as well as community events.

#### Olympic Style Preferred

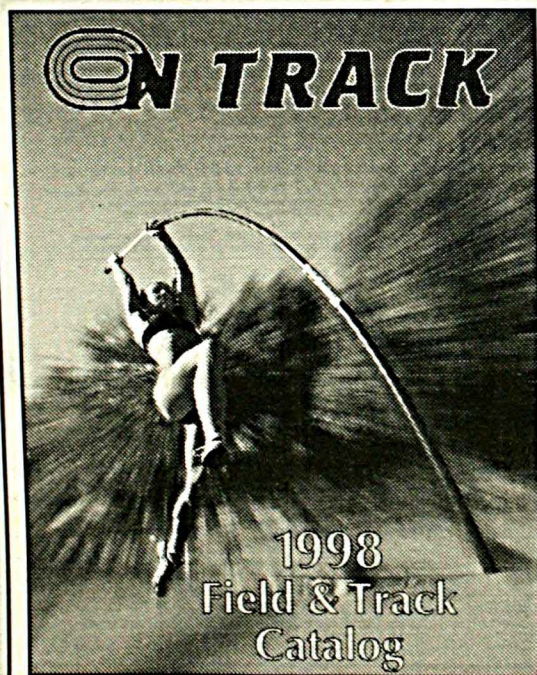
All my corporate clients today request the safe Olympic-style of walking over the normal bent-knee style. This is because, over time many people who "bent-knee" walk at medium to hard effort for several miles a day, four or more times a week, experience the same injuries as joggers.

Study the media today, and you will be convinced that dithering over rules, name-calling between clubs, and bickering between officials is doing much harm to the sport. A lack of cohesive focus could prevent potentially millions of people from becoming involved in sporting events such as the masters meets that have dramatically affected health, habits, and goals. Many running events only exist today, according to their own directors, because of the increased participation of walkers as the number of runners has declined.

Competition in healthy sport is part of a healthy physical and emotional life for thousands of masters athletes. Let's keep up the efforts to involve the business world in those sports that give back such huge benefits. □

*(Viisha Sedlak is the national director of the American Walking Association. She was a seven-year member of the open-age USA Track & Field Team as a master athlete, and #1 world-ranked master walker for eight years. For more information contact her at AWA, P.O. Box 4, Puente, CO 81428-0004. 970-527-4557; fax: 970-527-4607.)*

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# NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking

Records Section

April 1998

page 17



## Masters Age Records

### New Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of January 5, 1998, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 5, 1997, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-USA athletes should use the WAVA record form, published in this section on page 24. The form should be sent, not to Mundle, but to the WAVA Records Committee Regional Chairmen (addresses on page 24). Both the world and USA Records committees are working to prepare one uniform record form to be used in the future.

All these records have been carefully scrutinized before approval by the Records committees. Mundle's single-age record

book, however, due out next month, does not apply the same scrutiny, due to time constraints. Thus, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

#### Racewalking Records

Also included here are world racewalking "bests" and USA official racewalking records, for each five-year age group, compiled by Bev LaVeck, USATF Masters Racewalking Coordinator. The USATF application form for a racewalking record is printed on page 24.

#### Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November, 1997, issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF. □

THIS FORM SHALL BE USED FOR AMERICAN AND WORLD RECORDS  
IT MAY BE USED FOR COLLEGIATE OR OTHER JURISDICTIONAL PERFORMANCES

### APPLICATION FOR RECORDS

Send to:

Pete Mundle, Chairman, USATF and WAVA Records Committee,  
4017 Via Marina, #C-301, Venice CA 90291, USA.

#### To THE RECORD COMMITTEE:

Application is hereby made for a record in support of which the following information is submitted:

#### Description of Record:

World \_\_\_\_\_ American \_\_\_\_\_ Association \_\_\_\_\_ Championship \_\_\_\_\_ Collegiate \_\_\_\_\_

Junior \_\_\_\_\_ Age \_\_\_\_\_ Group \_\_\_\_\_ Masters \_\_\_\_\_

(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age)

1. Event \_\_\_\_\_ 2. Date and Time of Day \_\_\_\_\_ (Indicate) Men/Women
3. Record claimed (state, time, distance, height or points achieved) \_\_\_\_\_ Indoor/Outdoor
4. Where held (Arena, Town and Country) \_\_\_\_\_
5. Force of following wind \_\_\_\_\_ Anemometer \_\_\_\_\_ Attendants Signature \_\_\_\_\_
6. Name of Competitor, Club and Country \_\_\_\_\_ (print)

(In relay events, the full names of the competitors should be printed in their running order)

#### AUTOMATIC TIMING

(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo)

7. A fully automatic timing device, made by \_\_\_\_\_, was used.  
The time recorded was \_\_\_\_\_, and this was the official time.

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

#### TIMEKEEPER'S CERTIFICATES

8. I, the undersigned official timekeeper of the event above mentioned, do hereby certify that the time set opposite my signature was the exact time recorded by my watch, and that the watch used by me has been certified and approved by my National Association. (Refer to Rule).

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

I confirm that the above Timekeepers exhibited their watches to me and that the times as stated are correct.

(Signature of Referee or Chief Timekeeper)

#### STARTER'S CERTIFICATE

9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

(Signature of Starter)

(Address or USATF Official's Registration Number)

A newspaper clipping and marked program should be attached and made part of the application.

10. Measurers' Certificate for Track and Field Events (a or b)

(Signature of Starter)

(Address or USATF Official's Registration Number)

(Signature of Starter)

(Address or USATF Official's Registration Number)

(a) Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:

\_\_\_\_\_ meters \_\_\_\_\_ centimeters, or \_\_\_\_\_ miles \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,

the length of one lap was \_\_\_\_\_ meters \_\_\_\_\_ centimeters or \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,

that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

(b) Field Events

The above certify that the lateral inclination of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

#### THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

(Checker of Implements)

(Address or USATF Official's Registration Number)

#### JUDGES' CERTIFICATE (FIELD EVENT)

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

#### CERTIFICATION OF FORM (Shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Event Chief Judge)

(Address or USATF Official's Registration Number)

#### GUARANTEE BY REFEREE

14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.

(Signature of Referee)

(Address or USATF Official's Registration Number)



Continued from previous page

PENTATHLON(1994 WAVA SCORING TABLES)

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists pentathlon results for various athletes.

Women's World Five Year Age-Group Records

100 METERS

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists 100m records for women's age groups.

200 METERS

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists 200m records for women's age groups.

400 METERS

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists 400m records for women's age groups.

800 METERS

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists 800m records for women's age groups.

1500 METERS

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists 1500m records for women's age groups.

ONE MILE

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists one-mile records for women's age groups.

3000 METERS

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists 3000m records.

5000 METERS

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists 5000m records.

10,000 METERS

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists 10,000m records.

2000 METER STEEPLECHASE \*\*\* BEST PERFORMANCES \*\*\*

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists 2000m steeplechase records.

SHORT HURDLES (35-39: 100M, 33"; 40+: 80M, 30")

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists short hurdles records.

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists long hurdles records.

HIGH JUMP

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists high jump records.

POLE VAULT

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists pole vault records.

LONG JUMP

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists long jump records.

TRIPLE JUMP

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists triple jump records.

SHOT PUT (35-49: 4kg; 50+: 3kg)

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists shot put records.

DISCUS THROW (1kg)

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists discus throw records.

HAMMER THROW (35-49: 4kg; 50+: 3kg)

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists hammer throw records.

JAVELIN THROW (30-49: 600G; 50+: 400G)

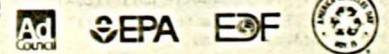
Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists javelin throw records.

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U.S.A. TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee through performances verified as of December 5, 1997

Men's U.S.A. Five Year Age-Group Records

100 METERS

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 100 meters from M35 to M90.

200 METERS

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 200 meters from M35 to M95.

400 METERS

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 400 meters from M35 to M90.

800 METERS

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 800 meters from M35 to M95.

1500 METERS

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 1500 meters from M35 to M95.

ONE MILE

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for one mile from M35 to M95.

3000 METERS

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 3000 meters from M35 to M90.

5000 METERS

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 5000 meters from M35 to M95.

10,000 METERS

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for 10,000 meters from M35 to M90.

ONE HOUR RUN

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for one hour run from M35 to M90.

STEEPLECHASE (35-59: 3000M; 60+: 2000M)

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for steeplechase from M35 to M80.

HURDLES: 110M: 35-39,42"; 40-49,39"; 100M: 50-59,36"; 60-69,33"; 80M: 70+,30"

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for hurdles from M35 to M80.

LONG HURDLES (400M: 35-49,36"; 50-59,33"; 300M: 60+,30")

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for long hurdles from M35 to M80.

HIGH JUMP

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for high jump from M35 to M50.

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for pole vault from M55 to M90.

POLE VAULT

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for pole vault from M35 to M85.

LONG JUMP

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for long jump from M35 to M95.

TRIPLE JUMP

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for triple jump from M35 to M90.

SHOT PUT (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for shot put from M35 to M95.

DISCUS THROW (35-49: 2Kg; 50-59: 1.5Kg; 60+: 1Kg)

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for discus throw from M35 to M95.

HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

Table with 4 columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE. Lists records for hammer throw from M35 to M90.

Continued from previous page

JAVELIN THROW (35-59: 800 GRAMS - NEW RULES; 60+: 600 GRAMS) Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

DECATHLON(1994 WAVA AGE GRADED SCORING TABLES)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

PENTATHLON(1994 WAVA SCORING TABLES)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

Women's U.S.A. Five Year Age-Group Records

100 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

200 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

400 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

800 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

1500 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

ONE MILE

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

3000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

5000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

10,000 METERS

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

ONE HOUR RUN

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

2000 METER STEEPLECHASE

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

SHORT HURDLES (35-39: 100M, 33"; 40+: 80M, 30")

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

HIGH JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

POLE VAULT

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

LONG JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

TRIPLE JUMP

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

SHOT PUT (30-49: 4KG; 50+: 3KG)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

DISCUS THROW

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

HAMMER THROW (35-49: 4KG; 50+: 3KG)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

JAVELIN THROW (30-49: 600G; 50+: 400G)

Table with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

Whaddya Say To A Guy Who's Had The Same Job For 50 Years, Has Never Called In Sick Or Showed Up Late, Never Taken A Vacation Or A Holiday, Never Asked For A Raise Or Got A Bonus And, Believe It Or Not, Has No Plans For Retirement?



Thanks. Remember - only you can prevent forest fires.

Continued from previous page

Men's World Masters Relay Records (as of March 1, 1998)

Table of Men's World Masters Relay Records with columns for event group, time, name, date, and location.

Women's World Masters Relay Records (as of March 1, 1998)

Table of Women's World Masters Relay Records with columns for event group, time, name, date, and location.

Men's U.S. Masters Relay Records (as of March 1, 1998)

Table of Men's U.S. Masters Relay Records with columns for event group, time, name, date, and location.

Table of U.S. Masters Relay Records (continued) with columns for event group, time, name, date, and location.

Legend for relay records: p = pending - missing birthdates, dates, etc. c = relay members include non-US citizens. i = indoor performance.

Women's U.S. Masters Relay Records (as of March 1, 1998)

Table of Women's U.S. Masters Relay Records with columns for event group, time, name, date, and location.

Legend for U.S. Masters Relay Records: p = pending - missing birthdates, dates, etc. TS: Track Shack, SDTC: San Diego Track Club, NYMC: New York Masters Club, etc.

World Best Performances - Racewalk (as of January 1, 1998)

Table of World Best Performances - Racewalk for Men, listing event group, time, name, date, and site.

Table of World Best Performances - Racewalk for Women, listing event group, time, name, date, and site.

Table of World Best Performances - Racewalk for 10K, 20K, and 50K events, listing time, name, date, and site.



Continued from previous page

USA Masters Men's and Women's Racewalking Records

Masters Men - Track

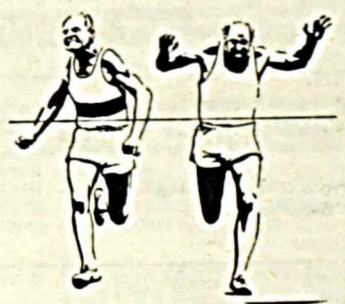
Table of racewalking records for Masters Men - Track, including 3000, 5000, 10,000, 15,000, 20,000, 30,000, 40,000, 50,000, One Hour, and Masters Women - Track sections.

Masters Men - Road

Table of road race records for Masters Men - Road, including 5K, 10K, 15K, 20K, 25K, 30K, 40K, and 50K sections.

Masters Women - Road

Table of road race records for Masters Women - Road, including 5K, 10K, 15K, 20K, 25K, 30K, 40K, and 50K sections.



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**WORLD ASSOCIATION OF VETERAN ATHLETES**

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD  
IN COOPERATION WITH THE IAAF



**WAVA RECORDS COMMITTEE  
1998-1999**



- |   |  |
|---|--|
| <b>Chairman</b><br>Pete Mundle                        | 4017 Via Marina, Apartment C-301,<br>VENICE, CA 90291, USA                   |
| <b>Asia</b><br>M.K. Jacob                             | 146 Jalan Meranti 7, Taman Sikamat Utama,<br>70400, SERAMBAN, N.S., Malaysia |
| <b>Africa</b><br>Leo Benning                          | 10 Bennington Road, Tamboerskloot, 8001,<br>CAPETOWN, South Africa           |
| <b>Europe</b><br>Ivar Söderlind                       | Gokropsvagen 5 B, S-906 51 UMEA,<br>Sweden                                   |
| <b>North America</b><br>Bill McIlwane                 | 154 Woodside St., Thunder Bay, ONTARIO<br>P7A 7G6 CANADA                     |
| <b>Oceania</b><br>Colleena Blair                      | Box 48 078, Silverstream, UPPER HUTT,<br>New Zealand                         |
| <b>South America</b><br>Hector Acosta                 | Manuel Pérez 6222, MONTEVIDEO,<br>Uruguay                                    |
| <b>Other members</b><br>Dave Burton                   | 71 Nethergreen Road, SHEFFIELD, S11 7EH<br>England                           |
| Roy Foley   | 7 Kinloch Avenue, MURRUMBEENA, 3163<br>Victor, Australia                     |
| Rex Harvey  | 160 Chatham Way, MAYFIELD HEIGHTS,<br>OH 44124 USA                           |
| Beverly LaVeck  | 6633 NE Windermere Road, SEATTLE, WA<br>98115 USA                            |
| <b>WAVA Council<br/>Coordinator</b><br>Wilhelm Koster | Haydnstrasse 28, D-64347,<br>GREISHEIM, Germany                              |

**WORLD ASSOCIATION OF VETERAN ATHLETES**

Application for World Veteran Age-Group Record/World Veteran Age-Group  
"Best Performance"/World Veteran Age-Best Performance

To: WAVA Records Committee Regional Chairman  
Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group  
"Best Performance"/World Veteran Age-Best Performance, in support of which  
the following is submitted:  
(Please type or use capitals throughout)

Event \_\_\_\_\_ Age-Group \_\_\_\_\_ Men/Women \_\_\_\_\_  
Full Name of Competitor(s) \_\_\_\_\_

Date(s) of Birth \_\_\_\_\_  
(For relays, full name of each team member is required, in order of running.)  
Competitor's Country \_\_\_\_\_ Date of Meeting: \_\_\_\_\_  
Name of Stadium \_\_\_\_\_ Town \_\_\_\_\_ Country \_\_\_\_\_

**RESULT OF RACE**  
The names of the first three competitors and their times were as follows:  
1st \_\_\_\_\_ Time \_\_\_\_\_  
2nd \_\_\_\_\_ Time \_\_\_\_\_  
3rd \_\_\_\_\_ Time \_\_\_\_\_

**STARTER'S CERTIFICATE**  
I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.  
Name of Starter \_\_\_\_\_ Signature \_\_\_\_\_

**TIMEKEEPERS' CERTIFICATES (HAND TIMING)**  
I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was  
the exact time recorded by my watch and that the watch used by me has been certified and approved by my  
National Governing Body.  
Time \_\_\_\_\_ Name \_\_\_\_\_ Signature \_\_\_\_\_  
Time \_\_\_\_\_ Name \_\_\_\_\_ Signature \_\_\_\_\_  
Time \_\_\_\_\_ Name \_\_\_\_\_ Signature \_\_\_\_\_

**CHIEF TIMEKEEPER**  
I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.  
\_\_\_\_\_  
(Name of Chief Timekeeper or Referee) \_\_\_\_\_ (Signature)

**ELECTRICAL TIMING**  
A fully automatic electrical timing device was used. The time recorded was \_\_\_\_\_  
and this was the official time.  
\_\_\_\_\_  
(Name of Chief Photo-Finish Judge) \_\_\_\_\_ (Signature)

**NOTE - A Photo-Finish print must be included with this application.**  
**WIND GAUGE**  
I hereby certify that wind speed in direction of running was \_\_\_\_\_ metres/sec.  
Name of Operator \_\_\_\_\_ Signature \_\_\_\_\_

**USA TRACK & FIELD  
APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD**

Identify appropriate category: Age-group (e.g. 40-44) \_\_\_\_\_ Indoor/Outdoor \_\_\_\_\_ Track/Road \_\_\_\_\_  
Single-age "Best" (not an official USATF Record) \_\_\_\_\_  
Event distance \_\_\_\_\_ Age \_\_\_\_\_ Official time achieved \_\_\_\_\_ Date \_\_\_\_\_  
Where held (name of track or course, town, state, country) \_\_\_\_\_  
Name of competitor, birthdate, address, phone # \_\_\_\_\_

If this is your first application, please enclose photocopy of birth certificate or passport.  
-----  
**Verification** (to be completed by Event Referee):  
Time recorded \_\_\_\_\_ Name of head timer \_\_\_\_\_  
Watch #1 \_\_\_\_\_ Watch #2 \_\_\_\_\_ Watch #3 \_\_\_\_\_

USATF Rules require that track records must have a minimum of 4 certified judges and road races must have  
a minimum of 6 certified judges. At least half of the judges must have National judging certification or higher  
and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are need-  
ed.

List all judges	Certification #	Level of Certification
Judge #1 _____	_____	_____
Judge #2 _____	_____	_____
Judge #3 _____	_____	_____
Judge #4 _____	_____	_____
Judge #5 _____	_____	_____
Judge #6 _____	_____	_____

Course Certification # \_\_\_\_\_ Track 440y/400m/other \_\_\_\_\_ 2-in. high continuous curb? yes \_\_\_ no \_\_\_  
I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3)  
course certification; 4) correct matching of finish times to competitors; 5) judging by certified (USATF  
Association, National or IAAF) judges; 6) completion of the race by the athlete; 7) the race was a racewalk-only  
event (no runners).  
Signature, address, phone, USATF Certification # of Referee or Meet Director \_\_\_\_\_

Submit lap times and race results (including all competitors).  
Mail to Beverly LaVeck, 6633 NE Windermere Rd., Seattle, WA 98115 • (206) 524-4721 • bevlaveck@aol.com

**WORLD ASSOCIATION OF VETERAN ATHLETES  
Application for World Veteran Age-Group Record/World Veteran  
Age-Best Performance  
FIELD EVENT**

To: WAVA Records Committee Regional Chairman  
Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-  
Best Performance, in support of which the following information is submitted:  
(Please type or use capitals throughout)

Event \_\_\_\_\_ Age-Group \_\_\_\_\_ Men/Women \_\_\_\_\_  
Full Name of Competitor \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Competitor's Country \_\_\_\_\_ Date of Meeting \_\_\_\_\_  
Name of Stadium \_\_\_\_\_ Town \_\_\_\_\_ Country \_\_\_\_\_

**EQUIPMENT OFFICER'S CERTIFICATE**  
I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me  
after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws  
(Appendix A) for veterans competition. I further certify that the implement used weighed \_\_\_\_\_  
Name \_\_\_\_\_ Signature \_\_\_\_\_

**FIELD JUDGES' CERTIFICATE**  
We hereby certify that the measurement stated opposite our respective signatures is exact as measured in  
accordance with I.A.A.F. Rule 148, paragraph 10(a). We further certify that the circle or runway complied with  
I.A.A.F. specifications.  
\_\_\_\_\_ metres \_\_\_\_\_  
(Distance or height) (Name of Field Judge) (Signature)  
\_\_\_\_\_ metres \_\_\_\_\_  
(Distance or height) (Name of Field Judge) (Signature)  
\_\_\_\_\_ metres \_\_\_\_\_  
(Distance or height) (Name of Field Judge) (Signature)

**WIND GAUGE (LONG AND TRIPLE JUMP ONLY)**  
I hereby certify that wind speed in direction of running was \_\_\_\_\_ metres/sec.  
Name of Operator \_\_\_\_\_ Signature \_\_\_\_\_

**RESULT OF COMPETITION**  
The names of the first three competitors and their performances were as follows:  
1st \_\_\_\_\_ Performance \_\_\_\_\_  
2nd \_\_\_\_\_ Performance \_\_\_\_\_  
3rd \_\_\_\_\_ Performance \_\_\_\_\_

NOTE: A copy of the Results Card must be included with this application.





# Health & Fitness

## Preventing Back Pain and Cancer

**E**xercise and body positioning are the keys to preventing back pain. So says Dr. Martin Grabois, chairman of physical medicine and rehabilitation at Baylor College of Medicine in Houston.

"Nearly nine in 10 people will experience back pain at some point in their lives," said Grabois. "Strained back muscles can result from improperly lifting a heavy object or sitting in an awkward position for long periods of time."

He suggests doing the following exercises three to four times a week:

- **Sit-ups:** Lie on the floor with arms folded across the chest and knees bent. Lift head and shoulders off the floor toward the knees to help strengthen abdominal muscles.

- **Sit and reach:** Sit on the floor with the legs stretched so the feet are spread far apart. Reach forward with hands toward feet as far as possible and slowly return.

- **Leg Lift:** Lie on the stomach with a pillow under the abdomen. Simultaneously raise locked leg and opposite arm, holding both about eight inches from the floor. Repeat with other leg.

Back strain can also be avoided by using the proper technique when lifting heavy objects.

"Lifting should be done with the legs, not the back," said Grabois. "Bend at the knees, use the legs to lift to a straight position and keep the object close to the body to reduce pressure on the back."

Researchers are examining a "pain patch" that dulls aches and pains through the skin. The medication reduces inflammation directly, without



LARRY SILLEN

Trishul Chems (#109), 40, finished in 7:21:42, and Dave Obelkevich, 54, in 6:12:14, Knickerbocker 60K, Central Park, NYC, Feb. 15. Chems is the Canadian 48-hour record holder (224 miles).

being absorbed into the bloodstream, according to Bradley Galer, M.D., of the University of Washington School of Medicine.

"There shouldn't be any side effects," Galer said. The patches are already in use in Europe and Asia and are being investigated for FDA approval in the USA.

A study shows a compound in aged garlic fights prostate cancer. S-allylmercaptocysteine (SAMC) helps the breakdown of testosterone, which in turn slowed tumor growth by as much as 70%, said John Pinto, Ph.D., director of the nutrition research laboratory at Memorial Sloan-Kettering Cancer Center in New York City.

Regular use of psyllium lowers cholesterol, according to a six-month study of 248 people at the U. of Kentucky at Lexington. The bulking agent, found in products such as Metamucil, lowered total cholesterol levels 5 percent and LDL (bad) cholesterol 7 percent in those who drank water and one heaping teaspoon of psyllium twice a day, said James Anderson, M.D., professor of medicine and clinical nutrition.

When huge doses of vitamins C and E were added to a high-fat diet, the patients' arteries responded as if they had eaten a low-fat diet, according to a study done by Dr. Gary Plotnick, a professor of medicine at the U. of Maryland. Researchers say the small study's finding appears to bolster scientific thinking that antioxidant vitamins can lessen the heart-disease risk posed by a fatty diet. "We're not ready to recommend people take vitamins and eat whatever they want," said Plotnick. "We need to repeat this test on a long-term basis with more people."

People who had six or more regular activities, such as participating in sports, attending classes or volunteering in the community, were far less likely to catch colds than less-active types, according to researchers at Carnegie Mellon, the U. of Pittsburgh. The study also showed that those with

fewer friends and less group contact were four times more likely to get sick than others.

Seven million people died from cancer in 1996, but a new report says three to four million would not get the dreaded disease if they watched what they ate and did regular exercise.

"Eat a plant-based diet, maintain a moderate weight throughout life, and get some exercise," said Dr. Walter Willett of the Harvard School of Public Health. "This report turns things around and says cancer comes from not getting enough of the good things."

Willett and 14 other experts spent three years reviewing 4500 scientific studies from around the world on nutrition and cancer to come up with the 650-page report and their recommendations, such as:

- Cut down on red meat and salt. Try fish or poultry, instead.
- Avoid alcohol.
- Eat at least five daily servings of fruits and vegetables.
- Eat more legumes and whole grains.
- Keep perishable food chilled or frozen.
- Avoid processed foods and sugar.
- Don't smoke.



JIM OAKS

Robert Yara, M40, of Texas, third master (2:30:16) in the 1997 Rocket City Marathon, Huntsville, Ala.

The report suggests gaining no more than 11 pounds during adulthood, and the importance of exercise is highlighted - at least an hour walk each day and at least one hour of vigorous exercise each week. □

## SOUTHERN CALIFORNIA TRACK & FIELD CLUB

### 13th Annual MEET OF CHAMPIONS CALIFORNIA STATE UNIVERSITY AT LONG BEACH SATURDAY, MAY 9th, 1998

**ENTRY FEES:** First event \$12, additional events \$5—Relay teams free—Late entries (after deadline or entry at meet on May 12th, \$15 for first event, \$6 per additional event—NO REFUNDS!

**DEADLINE:** May 5, 1998

**DIVISIONS:** Men and women in 5 year age groups—open (18 & up)—sub-masters (30 to 39) and masters (40 & up)—Age grading on a one year basis

**AWARDS:** 1st, 2nd & 3rd place medals in each event  
1st, 2nd & 3rd place age graded performance in meet get plaques

**FACILITIES:** 8 lane all weather track—1/4 inch max. length spikes required—concrete throwing rings

**REGISTRATION:** USATF 1998 registration required—available at meet for \$15

**DIRECTIONS:** Exit 405 freeway at Bellflower Blvd, south to Atherton, left (east) to right into CSULB parking lot or Exit 605 freeway at Willow (Katella), east to Studebaker, left (south) to Atherton, right (west) to left into CSULB parking lot. Track is south and east of the parking structure.

#### EVENT SCHEDULE

<b>TRACK EVENTS</b>		
9:00AM 5000M RUN (combined open/M&W)	1:45PM 400M DASH	
10:00AM 5000M WALK (combined open/M&W)	2:10PM 3000M RUN (combined open/M&W)	
11:00AM 4X100 RELAY	2:40PM 800M RUN	
11:15AM 1500M RUN	3:10PM 200M DASH	
11:45AM SHORT HURDLES (80/100/110M)	3:45PM INTERMEDIATE HURDLES (300/400M)	
12:15PM STEEPLE CHASE (2000/3000M)	4:15PM SPRINT MEDLEY (400/200/200/800)	
12:45PM 100M DASH	4:25PM CO-ED SPRINT MEDLEY (2+2)	

<b>FIELD EVENTS</b>	
9:30AM JAVELIN (OPEN) & HAMMER	1:00PM POLE VAULT (men: open to age 49) & SHOT PUT & HIGH JUMP (masters)
10:30AM POLE VAULT (men 50+ & women)	1:30PM LONG JUMP
11:00AM DISCUS	3:00PM JAVELIN (masters) & TRIPLE JUMP
11:30AM HIGH JUMP (open)	

ENTRY FORM (Please print)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_ Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_ Club \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

1998 USATF REG. NO. \_\_\_\_\_ Masters \_\_\_\_\_ Open \_\_\_\_\_

Events (Open athletes list expected time or distance) \_\_\_\_\_

Amount enclosed \_\_\_\_\_ (Required to register—no refund)—Make check payable to: Southern California Striders  
Mail to Ross Dunton, 512 Somerset, Placentia, CA 92870—(714)524-9966—e-mail coachr@pacbell.net

Waiver:—In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the California State University at Long Beach, the Southern California Striders Track and Field Club, USATF, the meet director, any and all sponsors of the track & field meet, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in the "Meet Of Champions" held on May 12, 1998 at the California State University at Long Beach. I certify that I have no physical defects of injuries that would prevent me from competing in this meet.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



## Speaker's Corner

by DAVID PAIN

### The Birth Of An Idea

**I**t was an idea whose time had come. It was not revolutionary or even new. Others had tried it with varying degrees of success. The world abounds with ideas that never get off the ground. For success, an idea must be implemented and also prove itself with acceptance by those for whom it is intended.

It is said that timing is everything. And in this case that statement may well be true. In the 1960s the world was still recovering from the devastation of World War II. The U.S. was prospering. The 40-hour week was widespread. The advent of jet air transport made travel quick and less expensive. People had more time to devote to personal pursuits and the concept of personal fitness through exercise was beginning to enjoy wide acceptance.

Our initial efforts were tentative. First came the Masters Miles held at open track meets, largely as a curiosity. First contested in San Diego, the word spread and soon promoters were including Masters Miles in their events

nationwide. Locally, these events proved a success largely due to the athletic efforts of John Lafferty, a gangling ex-Navy man who had run well in the Boston Marathon, and local sports favorite Augie Escamilla. Augie was considerably shorter in stature than most of us participating at that time, and when he made his sprint, spurting past us to the finish line, the crowds would go wild.

#### Role Model

Augie had the additional advantage of having worked for years as a counselor at the San Diego Boys' Club. He was a role model for many local boys who, now as adults, were spectators at these Masters Mile events. John,

Augie, and a number of others clearly demonstrated that master runners were both fit and accomplished athletes.

The San Diego Track Club was instrumental in the development of masters running. Originally organized by Bill Gookin for recent track and field graduates from San Diego State University, the club had quickly expanded with masters membership swelling its ranks. At one point, the San Diego TC boasted a membership of 1500, probably the largest adult AAU club in the U.S. Another factor in the evolution of masters athletics is that San Diego enjoys perhaps the most salubrious climate in the U.S., thus offering aspiring athletes a year long training opportunity.

Due to the success of the Masters Miles, the San Diego TC decided to promote a track and field meet limited to masters men age-40-and-older, and solicited the assistance of the San Diego Parks and Recreation Department as well as the local AAU Track Officials Association. Held over a two-day period at Balboa Stadium during the July 4th weekend in 1968, the event proved a resounding success when some 300-350 men showed up to participate, even though the event was publicized solely by word of mouth. Since none of us knew just how skilled the participants would be, we omitted such events as the triple jump, hammer, steeple chase, and pole vault.

#### Then As Now

Remember, there were no precedents and no masters rules dictating hurdle heights or implement weights. These initial events were conducted strictly by the "seat of our pants," yet most of the rules and age groupings we developed are the precise standards which prevail today and are the basis of the rules of the sport adopted by USATF and WAVA.

Initially, we divided the competitors into three age groups (40-49, 50-59, and 60+). We quickly learned that this was inadequate and adopted the five-year age standard which tightened up the competition and doubled one's chance to medal. We also expanded the age divisions upward as more older athletes entered the program.

#### Women Added

Much to the displeasure of the female members of the track club, the ladies were omitted from the program. One can imagine the stir this created. The omission was quickly corrected as subsequent meets included events for the women.

Next we opened the event to all women 35+. The basis for this was not only the clamor of the women to be included, but the fact that the San Diego TC female membership, wives and girlfriends, were largely five years younger than the men. This arbitrary determination prevails to this day. Although it has been the source of acrimonious debate, both nationally and internationally on several occasions, it has never been changed.



LARRY SILLEN

Fatima Silva, 43, marathoner and ultra-race runner from New York City, did 7:16:55, Knickerbocker 60K, Central Park, NYC, Feb. 15.

The San Diego TC Masters soon demonstrated that older adults could engage creditably in all the established track and field disciplines and that there was no valid basis for excluding any track and field discipline.

Word of our San Diego Masters' experience quickly traveled worldwide and before we realized it, individuals, and then teams, were coming from Australia, Canada, and Great Britain. Our first such was Cliff Bould of Perth, Australia, who somehow heard about what we were doing and traveled some 12,000 miles to compete.

The next year he brought Wal Shepard, now deceased, and a whole Australian team for the competition. By then the Canadians, led by Don Farquharson, arrived, as did the British with runners of the caliber of Laurie O'Hara.

This virtual flood of foreign masters dramatically demonstrated a worldwide desire of master athletes seeking competition and a willingness to travel virtually any distance to find it. Not only did the foreigners increase the quality and level of competition, they also enabled those who came to return to their homes and initiate a masters athletics program of their own, thereby quickly advancing masters athletics and creating a world athletics movement.

Thus, the masters was born. □

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### New Jersey Indoor Meet Draws 274

by RICK PINGITORE

The USATF New Jersey Masters & Submasters Indoor Championships attracted 274 athletes from seven states to Fairleigh Dickinson University in Hackensack, Feb. 8.

Thirty-six meet records were broken, six in the 200 and seven in the high jump. Tony Ciccone, M40, showed versatility, with two records - in the shot put (14.08/46-2 1/2) and high jump (1.69/4-6 1/2).

Team titles went to Triathletics in the men's submasters division, All Unique Individuals in both the

women's submasters and masters divisions, and Shore AC in the men's masters division. Host club New Jersey Masters lost the M40+ title for the first time in 10 years.

Manfred d'Elia, 89, took home two golds, as did his wife, Toshiko, W65, voted the USATF-NJ Women's Master of the Year in 1997. Harold Nolan, M50, the 1997 USATF-NJ Men's Master of the Year, nursed a sore leg but managed a record in the 3000 (10:09.9) and helped Shore AC set a new standard in the 4x400 relay (4:03.5). □



TESH TESHIMA

Edie Leiby, 74, finishing the 1997 Honolulu Marathon with a smile.

### Reno

Continued from page 5

6.73/22-1. Burt DeGroot holds the listed record at 5.08/16-8, set in 1993.

Distant states, including Texas, Washington, North Carolina, and Kansas, supplied participants. From Texas came Bill Collins, M40, the 1997 USATF Masters Male Athlete of the Year, who won the 60m (7.26) and 200 (22.93), and Cindy Steenbergen, W40, 1997 outdoor sprint champion, who took the 60m (8.44) and 200 (27.92).

Carla Hoppie, W40, posted high-ranking times in the 400 (66.01) and 800 (2:31.74). Pole vaulters Todd Freitag, M30, and Matt Kendall, M35, tied for best-of-the-day honors at 15-0. Phil Fehlen, 62, had the top high jump performance with an age-graded 94.9% 5-4 1/4. Angel Cachinero, M50, was triple jump standout with an event best 37-10 1/4.

Victoria Herazo, W35, was first overall in the 3000 racewalk in 14:35.52, with Karen Davis, W45, second in 17:31.58. The first masters man was M70 Darrell Stewart in 20:17.04.

The meet was hosted by the Silver State Striders under the direction of Greg Belancio. □

### CLUBS UPDATE

An updated clubs list will be published in May. All additions or corrections should be sent to Clubs, National Masters News, P.O. Box 50098, Eugene, OR 97405.

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APRIL 1998

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DON COLEMAN (LA MESA, CA)	4-26-28	70-74
CLIFF CORDY (MOUNTAIN VIEW, CA)	4-8-38	60-64
WILLIAM EIPEL (NYC, NY)	4-30-13	85-89
ROBIN FICKER (US)	4-5-43	55-59
BILL FOULK (BOZEMAN, MT)	4-24-33	65-69
LEON FRANKAMP (BURBANK, CA)	4-17-33	65-69
HARVEY FRANKLIN (CA)	4-3-43	55-59
CHARLES GIBSON (CHATTANOOGA, TN)	4-6-23	75-79
MAX GOLDSMITH (LEWISVILLE, TX)	4-12-23	75-79
JOHN HEAD (UNIVERSAL CITY, CA)	4-26-38	60-64
OVIDIO DE JESUS (PUR)	4-0-33	65-69
TANAKA JUJI (JPN)	4-18-23	75-79
RAY KIMBLE (US)	4-19-53	45-49
BOB MACCONNAGHY (REDONDO BEACH, CA)	4-29-18	80-84
BILL MCCHESENEY (EUGENE, OR)	4-29-28	80-84
WALTER MOESSEL (WG)	4-30-43	55-59
DAVID MOORCROFT (GBR)	4-10-53	45-49
RICHARD PACKARD (BRIGHTON, MA)	4-21-28	70-74
DON PARKER (PASADENA, CA)	4-3-43	55-59
HERMAN PEETERS (BEL)	4-5-38	60-64
ASKO PESONEN (FIN)	4-15-43	55-59
CHARLIE RADER (MORENO VALLEY, CA)	4-10-48	55-59
ROBERT RECKWARDT (WG)	4-1-13	85-89
DENNIS REECE (TRI)	4-4-28	70-74
JOOP RUTER (HOL)	4-19-33	65-69
FELIX SCHMITZ (WG)	4-10-38	60-64
JOAQUIM SILVA (POR)	4-1-28	70-74
FLOYD SIMMONS (CHARLOTTE, NC)	4-10-23	75-79
DENNIS STEMPEL (CHICO, CA)	4-4-43	55-59
SOICHI TAMOI (JPN)	4-17-23	75-79
JUJI TANAKA (JPN)	4-18-23	75-79
RICHARD THOMAS (US)	4-30-53	45-49
ROBERT THOMAS (NY)	4-16-33	65-69
THEO VILTZ (LOS ANGELES, CA)	4-20-43	55-59
MARY AMES (N. HOLLYWOOD, CA)	4-14-3	95+
MARIE BARRIE (GLENOLDEN, PA)	4-16-33	65-69
JOAN DASH (BROOKLYN, NY)	4-25-33	65-69
NANCY DAVIS (HILLSBORO, OR)	4-22-38	60-64
SHIRLEY DOYLE (BAY VILLAGE, OHIO)	4-26-33	65-69
LYNN EDWARDS (SYLVANIA, OH)	4-1-23	75-79
CAROL FRIDLEY (ELIZABETHTOWN, PA)	4-17-48	50-54
KENNY GOERING (SANTE FE, NM)	4-26-33	65-69
JOSEPHINE HESS (SELMA, WA)	4-10-18	80-84
GAIL HRUSKA (AUSTIN, TX)	4-20-43	55-59
VICKI JOHNSON (US)	4-10-43	55-59
KATHRYN MAHER (OTTOWA, KANS)	4-8-43	55-59
PATTI MERICLE (TUCSON, AZ)	4-28-48	50-54
NANCY NOONAN (CLEVELAND, OH)	4-13-48	50-54
NANCY OGLE (SANTA CRUZ, CA)	4-25-53	45-49
JENNIFER PINTO (BROOKLYN, NY)	4-10-48	50-54
STELLA SHARP (SEPUVEDA, CA)	4-0-28	70-74
ANN STEELENBURG (HOL-MALIBU, CA)	4-12-48	50-54
DEBY SWEEZEY (WESTCHESTER, CA)	4-3-53	45-49
FRANCINA BLANKERS-KOEN (HOL)	4-26-18	80-84
LYNN CARTER (AUS)	4-8-48	50-54
JUDY CHANDLER (NZ)	4-30-38	60-64
SANDRA DEJUS (LAT)	4-13-58	40-44
VERA FRANEK (AUS)	4-29-43	55-59
URSULA JABS (WG)	4-6-38	60-64
MARGARETA JACOBSSON (SWE)	4-3-38	60-64
ARSA JUSSILA (FIN)	4-29-53	45-49
INGER KULSTAD (NOR)	4-11-48	50-54
TUULA LAAKSALO (FIN)	4-21-53	45-49
ILSE LUTZ (WG)	4-19-28	70-74
CHRISTINE ANNE MCDARLE (AUS)	4-27-53	45-49
JUNE MEYER (CAN)	4-4-38	60-64
ASE NYLAND (NOR)	4-5-33	65-69
ALENA PLISCHKE (AUT)	4-29-48	50-54
JOSELYN ROSS (GB)	4-18-28	70-74
MILADA SCHREIBMAEIROVA (TCH)	4-4-33	65-69
LISELOTTE SCHUELE (GER)	4-17-23	75-79
ESCA TALJAARD (RSA)	4-8-58	40-44
MARGARET TAYLOR (AUS)	4-6-48	50-54
NORA WEDEMO (SWE)	4-19-13	85-89
SOPHIE WISMAN (HOL)	4-25-28	70-74
EILEEN WOODS (AUS)	4-14-23	75-79

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

### Allegra Track Club & Nevada Seniors Masters Classic Outdoor Track Meet

The Allegra Track Club of Las Vegas, Nevada and the Nevada Seniors are proud to sponsor the first inaugural Allegra Track Club & Nevada Seniors Masters Classic.

When: May 17, 1998 (Sunday) Time: 8:00 a.m. Who: All Men and Women 30 years and older.  
 Fees: \$10.00 1st event, \$5.00 each additional event.  
 Deadlines: All entry forms must be received by May 11, 1998 for final schedule.  
 Rules: This meet is sanctioned by USATF. USATF rules of competition will be used to conduct this meet.  
 Awards: Medals will be given for the top three places of all 5 year age divisions, for each event.  
 Hotels: Sante Fe Hotel 1-800-872-6823 (closest to Mojave H.S.), Texas Station 1-800-654-8888.  
 Fiesta Hotel 1-800-731-7333, Orleans Hotel 1-800-675-3267. Call for room availability and rates.

(ALL TIMES ARE ESTIMATES)

Running Events		Field Events
1500m Racewalk - 8:00 AM	400m Dash - 9:50 AM	Weigh-In and Measure - 8:00 AM
1500m Run - 8:45 AM	800m Run - 10:10 AM	Long Jump - 9:00 AM followed by Triple Jump
100m Dash - 9:00 AM	200m Dash - 10:25 AM	Shot Put - 9:00 AM, followed by Javelin Throw, then Discus Throw
100/110m Hurdles - 9:30 AM	3000m Run - 10:55 AM	High Jump - 10:30 AM, followed by Pole Vault
Relays (4 x 100, 4 x 400, 4 x 800) - 11:30 AM		

Make checks or money orders payable to: Allegra Track Club Phone: (702) 254-5625  
 Send Applications to: Allegra Track Club, P.O. Box 371238, Las Vegas, NV 89137 Phone: (702) 369-8171  
 Fax: (702) 243-9715

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age - on 5/17/98 \_\_\_\_\_ Phone \_\_\_\_\_  
 Events Entered: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_ 4th \_\_\_\_\_ 5th \_\_\_\_\_ 6th \_\_\_\_\_  
 Best Recent \_\_\_\_\_  
 Performance: \_\_\_\_\_

**WAIVER AND MEDICAL TREATMENT AUTHORIZATION**  
 In consideration of my entry in the Allegra T.C. & Nevada Seniors Masters Classic Track Meet in Las Vegas, Nevada at Mojave High School on April 5, 1998, I intend to be legally bound, and I do hereby for myself and anyone entitled to act in my behalf, waive and release Mojave High School, Allegra T.C., Nevada Seniors, the City of North Las Vegas, Clark County, all sponsors and their Representatives and Successors from all claims and/or liabilities of any kind arising from my travel to and participation in the Allegra T.C. & Nevada Seniors Masters Classic Track Meet. I grant permission to all of the foregoing parties to use any photographs, video or motion pictures, record or any other record of the meet for any legitimate reason. I understand that all entry fees are final with no refunds. It is understood that this meet will entail physical activity and that various injuries may result. I certify that I am properly conditioned and have no physical injuries or defects that will preclude me competing. I authorize the Track Committee and it's agents permission to request emergency medical treatment or care as necessary to insure my well being.

Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Unsigned applications will be rejected. Thank you for your participation!

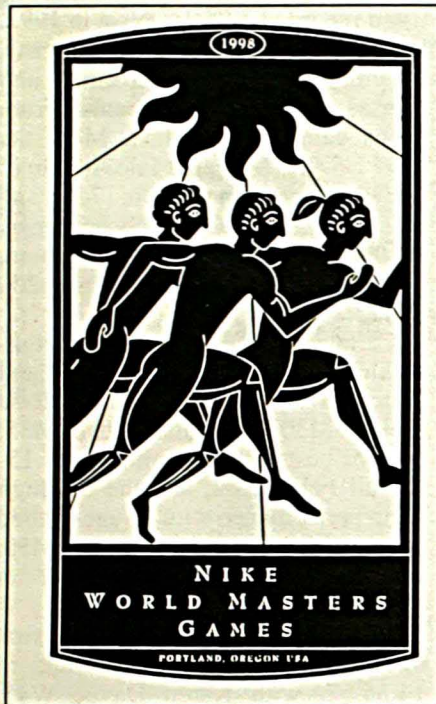
## World Masters Games Update

Alton Baker Park in Eugene, Oregon, long known as Pre's Trail, will be the site of the 10K and 20K road

races for the 1998 World Masters Games – August 10-22, 1998. The road races will be held on Friday, August 21 and cover a loop course featuring shaded, paved bike trails and the famous wood chip covering of Pre's Trail. The route also boasts no vehicular traffic and winds along the attractive Willamette River. The 10K will be one loop around the park, while the 20K will see the beautiful scenery a second time.

The World Masters Games will not only host traditional stadia competitions, but non-stadia events as well. Your single registration fee covers as many track and field events as you choose to enter, including road races. There are no qualifying times, so anyone can enter.

Pre's Trail is named after legendary middle-distance runner and University of Oregon star, Steve Prefontaine. It was his dream to have wood chip running trails through his favorite training site. After his death, the dream became a reality and now thousands of runners run in Pre's footsteps on the same



LEO BENNING

Yaakob Salleh, MAS, comes to grief as Ron Cross (l), RSA, and Phil Mulkey, USA, clear the hurdles in the M60 100mH finals, WAVA Championships - Durban. Cross finished second; Mulkey third.

trails.

Alton Baker Park has also been the site of major marathons and regional road races over the years.

For additional information on the

1998 World Masters Games, please call 503-226-1998, or visit the website at [www.worldmasters.org](http://www.worldmasters.org).

– Susan Carpenter,  
Director of Communications

WAVA/USATF						
Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus						
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49						
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69						
70 plus						
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69						
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49						
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60+						
300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7	
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
Women					WAVA	USATF
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#
Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)						
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.						
WAVA weights are used for USATF weight pentathlons.						

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# Masters Scene

## NATIONAL

• Decathlete Rex Harvey, USATF Masters Multi-Event Coordinator, was in isolation and undergoing treatment with antibiotics in March after contracting bacterial spinal meningitis. Several weeks before, Harvey had been operated on to alleviate a disc problem and was recovering satisfactorily when stricken with the meningitis. His address is 6744 Connecticut Colony Circle, Mentor, OH 44060.

## EAST

• What better day to hold the NY Health & Racquet Club Backwards Mile than April 1 in Central Park, at 12 noon? For details, call NYRRC, 212-860-4455.

• Masters star, Gillian Horovitz, 42, won two NYRRC races overall in Central Park: the Frostbite 10-Miler, Jan. 10, 1:03:29 and the Al Gordon 5-Miler, Feb. 1, 29:34. In between, she topped the masters fields at the NYRRC Northwind 10K, Jan. 18, 37:57, and the NYRRC Gridiron Classic 5K, Jan. 25, 18:13.

## SOUTHEAST

• Special award events in the Birmingham TC Classic, Birmingham, AL, June 6, include an age-graded 100, the Jim Law Memorial Run, a mini decathlon, and the ultra mile, in which the 440 and 880 times are split out and, along with mile time, are age-graded and scored like a cross-country run. For details, see entry form in this issue.

• Roberto Castillo, 41, Miami, FL, 15:57, and Lynn McFadden, 41, Miami, FL, 18:40, flashed to masters wins in the Edison Festival of Light 5K, Fort Myers, FL, Feb. 21. Also lighting up the race course were grandmasters winners Larry Miller, 61, Spring Hill, FL, 19:22, and Janet Freeman, 65, Ft. Myers Beach, FL, 24:29.

• World-class times and tight competition were the order of the day at the Gasparilla Distance Classic 15K, Tampa, FL, Feb. 14. The Ukraine's Tatyana Pozdnyakova, 42, cranked out 5:42 mile times to claim the women's masters crown in 53:10 (91.1% age-graded). Cindy Keeler, 40, Lake Worth, FL, 55:35, and Kimberley Halliday, 41, Deerfield Beach, FL, 57:43, rounded out the top three. Barbara Ebers, 49, Jacksonville, FL, grabbed the W45 title with a speedy 1:03:23 (81.2%). Jon Sinclair, 40, Fort Collins, CO, 47:43 (89.4%) edged out Amit Ne'eman, 40, Brownwood, TX, 47:46, and Jim Hage, 40, Lanham, MD, 47:49, for the men's masters victory. Distance legend Bill Rodgers, 50, Sherborn, MA, turned in the top age-graded performance (49:48; 92.3%) to secure the M50 title and finish as the eighth overall master.

## MID-WEST

• An exceptionally strong field in the hurdles notched two pending WRs in the USATF Midwest Regional Masters Indoor Championships, Indianapolis, March 7. Dale Lance, Inola, OK, lowered Phil Mulkey's M60 9.14 in 1993 to 9.04, and Mel Larsen, Springfield, IL, decreased his M70 10.40 in 1995 to 10.33. In the M70 60m, the first four of the seven contestants (large even by national championship numbers) produced marks in the A-G 90+ range, with Bill Melville, Platteville, WI, first in 8.71 (95.6%).

• Vic Heckler, 55, of Chicago, smashed the 14-year-old U.S. M55 record for the 3000 in the USATF Illinois Open Championships at Lewis U. in Romeoville, March 7. Competing with collegiate runners, Heckler placed fifth with a pending 9:33.25, some 18 seconds better than

Howard Rubin's 9:51.8 of 1984. Heckler owns the M50 mile WR at 4:40.6.

• Antoni Niemczak, 43, 2:25:59, and Irina Bondarchook, 45, 2:45:57, powered to masters wins in the Motorola Austin Marathon, Austin, TX, Feb. 15. Cruising into second were runners-up Yuri Mikhailov, 44, 2:26:25, and Marina Jones, 46, 2:54:11.

• Richard Pennington, 45, Austin, TX, 2:47:01, and Janet Northrup, 41, Houston, TX, 3:28:36, romped to masters wins in the Cowtown Marathon, Fort Worth, TX, Feb. 28. Dennis Dumbauld, 46, Fort Worth, 32:06, and Vicki Stevenson, 41, Burleson, TX, 42:32, captured Cowtown 10K crowns, while Bill Rodgers, 50, Sherborn, MA, 16:13, and Patti Crabtree, 47, Fort Worth, cruised to 5K wins.

## WEST

• Club West, of Santa Barbara, has announced that Pane E Vino, a popular trattoria in neighboring Montecito, will sponsor the Outstanding Woman Athlete of the Meet Award in Club West's Meet on Oct. 3. The award, presented for the first time in 1997, was won in its inaugural year by Fei-Mei Chou, 62, Sunnyvale, CA.

• Bob Gilmore, the dean of San Diego track officials and a noted statistician of the sport, died Feb. 27 at his home in National City, CA,



SUZY HESS

Bobby Kincaid, of Missouri, M60 silver medalist (39:57) in the 10,000, 1997 USATF National Championships, San Jose, Calif. The 1998 Championships will be held in Orono, Me., July 30-Aug. 2.

from complications of Parkinson's disease. He was 80 and had been active in local track activities as recently as 1995. "None of his applications for records was turned down by the governing bodies of track and field," said Ken Bernard, president of USATF San Diego-Imperial Association. Gilmore was involved in

the ratification of more than 30 U.S. and world records. In one instance, when the paperwork for a national shot put record (66-2 1/2 by Ramona Pagel on June 25, 1988) was destroyed by fire before it could be approved, USATF ratified the performance largely on Gilmore's word.

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TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

EAST

Philadelphia Masters Indoor Meet Haverford College, PA; Dec. 14

Table of track and field results for Philadelphia Masters Indoor Meet. Includes events like 55m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, and Mile.

Table of track and field results for Syracuse Chargers Meet. Includes events like 55m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, and Mile.

Syracuse Chargers Meet Syracuse, NY; Jan. 24

Table of track and field results for Syracuse Chargers Meet. Includes events like 55m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, and Mile.

Syracuse Chargers Indoor Meet Syracuse University; Feb. 5

Table of track and field results for Syracuse Chargers Indoor Meet. Includes events like 55m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, and Mile.

Hartshorne Memorial Masters Mile Cornell U., Ithaca, NY; Jan. 24

Table of track and field results for Hartshorne Memorial Masters Mile. Includes events like 55m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, and Mile.

Finger Lakes RC Meet Ithaca, NY; Jan. 18

Table of track and field results for Finger Lakes RC Meet. Includes events like 55m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, and Mile.

USATF New Jersey Indoor Championships Hackensack; Feb. 8

Table of track and field results for USATF New Jersey Indoor Championships. Includes events like 55m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50000m, 100000m, and Mile.







Continued from previous page

Table of race results for 1500m, 5000m, 10,000, High Jump, and Silver State Masters Classic. Includes names like Ollie Harker, John Davis, and Roberto Pozzi with their respective times.

Table of race results for 1500m, Shot Put, Discus, and Silver State Masters Classic. Includes names like Dale Nelson, Glenn Palmer, and Geo Onyenyeonu with their respective times.

Table of race results for 200m, 400m, and Silver State Masters Classic. Includes names like Rudy Humer, K K Slaughter, and Vaughn Kastur with their respective times.

Table of race results for 60m, 4x200m Relay, and Pole Vault. Includes names like Reggie Snowden, Reno Open TC, and Todd Freitag with their respective times.

Table of race results for Long Jump, Triple Jump, Shot Put, Weight Throw, and 3000m Racewalk. Includes names like Rudy Huber, Sam Collins, Robert Gunn, and Ken Weinbel with their respective times.

INTERNATIONAL

Table of results for Western Province Veterans Decathlon in Cape Town, S. Africa, Jan. 16-17. Includes names like Chris Herbst, Juan Wiese, and Johann Allers.

Western Province Veterans T&F Championships

Table of results for Western Province Veterans T&F Championships at Bellville Stadium, South Africa, Feb. 10-11. Includes names like Chris Herbst, Paul Wilson, and Joseph Warries.

400m

Table of results for 400m race. Includes names like Graham Keeley, John Siebrits, and Basil Carmie.

Continued on next page

Continued from previous page

Table listing athletes and times for various races including Shot Put, Discus, Hammer, Javelin, 10K Road Walk, and Triple Jump.

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Table listing athletes and times for various races including Shot Put, Discus, Hammer, Javelin, and 10K Road Walk.

Table listing athletes and times for the NYRR Gridiron Classic 5K race.

Table listing athletes and times for various races including Shot Put, Discus, Hammer, Javelin, and 10K Road Walk.

Table listing athletes and times for the AI Gordon Five-Miler race.

Table listing athletes and times for various races including Shot Put, Discus, Hammer, Javelin, and 10K Road Walk.

Table listing athletes and times for the NYRR Gridiron Classic 5K race.

Table listing athletes and times for various races including Shot Put, Discus, Hammer, Javelin, and 10K Road Walk.

Table listing athletes and times for the Gasparilla Distance Classic 15K race.

Table listing athletes and times for various races including Shot Put, Discus, Hammer, Javelin, and 10K Road Walk.

Table listing athletes and times for various races including Shot Put, Discus, Hammer, Javelin, and 10K Road Walk.

Table listing athletes and times for the Edison Festival of Light 5K race.

Table listing athletes and times for various races including Shot Put, Discus, Hammer, Javelin, and 10K Road Walk.

LONG DISTANCE RESULTS Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405.

Table listing athletes and times for the NYRR Frostbite 10-Miler race.

Table listing athletes and times for the NYRR Northwind 10K race.

Table listing athletes and times for the Disney World Marathon race.

Table listing athletes and times for various races including Shot Put, Discus, Hammer, Javelin, and 10K Road Walk.

Continued on next page





# Crown Valley Senior Olympics

## California State Senior Games Championships

Track & Field - Saturday - Sunday - June 13 - 14, 1998



Occidental College  
 1600 Campus Road, Los Angeles, CA. - Patterson Field  
 Meet Director: Christel Miller  
 Track & Field Coordinator: Pete Clentzos  
 Race Walk & Assistant Director: Jim Hanley

### Schedule of Events

Please call for more complete schedule

#### Saturday, June 13

8:00 a.m. 5,000M Walk, Discus  
 9:00 a.m. 5,000M Run, Shot Put  
 Long Jump  
 10:00 a.m. Pole Vault, High Jump  
 10:15 a.m. 50M Dash  
 11:15 a.m. 1,500M Walk  
 11:30 a.m. High Jump  
 12:00 p.m. 800M Run  
 1:00 p.m. 200M Dash  
 Concl. of 200 800M Walk

#### Sunday, June 14

9:00 a.m. Javelin  
 10:00 a.m. 100M Dash  
 11:00 a.m. Long Jump  
 11:15 a.m. 1,500M Run  
 11:30 a.m. Softball Throw  
 12:30 p.m. 400M Run  
 Concl. of 400 Grandparent/Grandchild  
 Relay

- Entry Fees:** \$20.00 Registration Fee and \$7.00 per event  
**Divisions:** 5 year age divisions, for men and women, age 50 and above  
**Entry deadline is May 15, 1998**  
**Miscellaneous:** Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements **not** provided; must bring own vaulting pole; PV for **experienced vaulters only**.  
**Surface:** All-weather track. Automated timing system for running events.

For more information, please call:  
 Cynthia Vaughan  
 Crown Valley Senior Olympics - Pasadena Senior Center  
 85 East Holly Street, Pasadena, CA. 91103 (626) 685-6754

### Entry Form (please print)

-----  
 Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ Age as of 6/6/98 \_\_\_\_\_ DOB \_\_\_\_\_ T-Shirt: M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_  
 Events: 50M \_\_\_ 100M \_\_\_ 200M \_\_\_ 400M \_\_\_ 800M \_\_\_ 1,500M \_\_\_ 5,000M \_\_\_ PV \_\_\_ JT \_\_\_ LJ \_\_\_ SP \_\_\_  
 HJ \_\_\_ DT \_\_\_ ST \_\_\_ GG Relay (NC) \_\_\_ 800M Walk \_\_\_ 1,500M RW \_\_\_ 5,000M RW \_\_\_

Make checks payable & mail to:

Pasadena Senior Center, 85 E. Holly St., Pasadena, CA. 91103

**WAIVER:** In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, Occidental College, the Meet Directors and all sponsors of Crown Valley Senior Olympics, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 13-14, 1998 at Occidental College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature \_\_\_\_\_ Date \_\_\_\_\_